

# Prince Harry's Chicken Pie with Mushrooms and Carrots

Classic 40 Minutes • 1 of your 5 a day













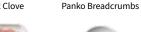


Carrot

Closed Cup Mushrooms









Diced Chicken Breast





Creme Fraiche



Chicken Stock Paste

## **CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start
Our fruit and veggies need a little wash before you use

# Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Bowl, Frying Pan, Ovenproof Dish, Measuring Cup, Measuring Spoon.

#### **Inaredients**

	2P	3P	4P
Potatoes**	1	2	2
Onion**	1	1	2
Closed Cup Mushrooms**	150g	225g	300g
Carrot**	1	2	2
Garlic Clove	2	3	4
Panko Breadcrumbs <b>13</b> )	25g	40g	50g
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Diced Chicken Breast**	280g	420g	560g
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche 7)**	150g	225g	300g
≅ Bacon Lardons**	90g	120g	180g

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2814/673	490/117
Fat (g)	34	6
Sat. Fat (g)	13	2
Carbohydrate (g)	58	10
Sugars (g)	12	2
Protein (g)	44	8
Salt (g)	1.41	0.25
Custom Recipe	Per serving	Per 100g
	Per serving 619g	
Custom Recipe		Per 100g
Custom Recipe for uncooked ingredient	619g	Per 100g 100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	<b>619g</b> 3302 /789	Per 100g 100g 533/127
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>619g</b> 3302 /789 43	Per 100g 100g 533/127 7
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	619g 3302/789 43 16	Per 100g 100g 533 /127 7 3
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	619g 3302/789 43 16 59	Per 100g 100g 533/127 7 3 10

Nutrition for uncooked ingredients based on 2 person recipe.

#### Alleraens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and yeg: but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





#### Cook the Potato

Bring a large saucepan of **water** to the boil with 1/4 tsp of **salt** and preheat your oven to 220°C. Peel the **potato** and slice into 1cm wide rounds. Pop the **potato** into your pan of boiling **water**, cook until just soft, 12-15 mins. TIP: The potato is cooked when you can easily slip a knife through, but be careful because you don't want the potato to overcook. Once cooked, carefully drain in a colander and set aside.



## Finish the Prep

Meanwhile, halve, peel and thinly slice the onion. Thinly slice the **mushrooms**. Trim the **carrot** (no need to peel), halve lengthways then slice each half into long 1cm wide strips. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Put the **breadcrumbs** into a bowl, add the **olive** oil (see ingredients for amount) to a bowl. Season with **salt** and **pepper**, stir together.



#### Cook the Chicken

Heat a drizzle of oil in a frying pan on mediumhigh heat. When hot, add the chicken, season with salt and black pepper and cook until the chicken is browned, 6-7 mins. IMPORTANT: Wash your hands after handling raw chicken and its packaging. TIP: Cook the chicken in two batches if you need to in a crowded pan it will stew rather than brown.



# Cook the Veg

Once cooked, transfer the chicken to a bowl and leave to the side. **IMPORTANT**: The chicken is cooked when no longer pink in the middle. Add a drizzle more oil to the pan along with the onion and carrot. Cook on medium heat, stirring, until slightly softened, 4-5 mins. Stir in the mushrooms and a little more oil if needed. Turn the heat up slightly. Cook everything together until the mushrooms are browned, about 5-6 mins. Add the garlic, stir and cook for 1 minute.



#### Simmer

Pour in the water (see ingredients for amount) and add the chicken stock paste. Bring to the boil and stir to dissolve the **stock paste**. Add the **creme fraiche** and bring back to the boil, then turn down the heat and simmer gently until reduced by a third, 3-4 mins. Once the sauce has reduced, return the **chicken** to the frying pan. Season to taste with salt and pepper.



#### Bake and Serve

Transfer the **chicken mixture** to an ovenproof dish and top with the cooked potato slices. Sprinkle over your breadcrumbs. Season with black **pepper** and bake on the top shelf of your oven until the top is golden brown, 10-12 mins. Serve straight from the dish.

## Enjoy!

# **CUSTOM RECIPE**

If you've chosen to get **bacon lardons** as well as **chicken**, add them to the pan before you add the onion and garlic and fry until golden, 3-4 mins. Add the **onion** and **carrot** to the pan with the **bacon** and continue with the recipe as instructed.

#### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information. Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

