



Quick Honey and Garlic Chicken Stew

with Mash and Green Beans

RAPID 20 Minutes

N° 14



Potato



Diced Chicken Breast



Plain Flour



Echalion Shallot



Green Beans



Garlic Clove



Tomato Puree



Honey



Chicken Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Large Frying Pan, Mixing Bowl, Fine Grater (or Garlic Press), Measuring Jug, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Diced Chicken Breast**	280g	420g	560g
Plain Flour 13)	8g	12g	16g
Echalion Shallot**	1	1½	2
Green Beans**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	150ml	225ml	300ml
Honey	1 sachet	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503g	100g
Energy (kJ/kcal)	1728 /413	344 /82
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	55	11
Sugars (g)	11	2
Protein (g)	42	8
Salt (g)	1.04	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Cook the Potatoes

a) Bring a large saucepan of **water** to the boil with a ½ tsp of **salt**.

b) Chop the **potatoes** into 2cm chunks (no need to peel).

c) Add the **potatoes** to the boiling water and cook until tender, 12-15 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.*



4. Simmer

a) Once the **chicken** is browned, add the **shallot**, cook with the **chicken** until softened, 3-4 mins.

b) Stir in the **garlic** and **tomato puree**, cook for 1 minute.

c) Pour in the **water** (see ingredients for amount) and add the **honey** and **chicken stock powder**.

d) Stir in the **green beans**, bring to a simmer.

e) Cover with a lid or some foil, simmer until the **beans** are cooked and the **sauce** has thickened, 4-5 mins.



2. Fry the Chicken

a) Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.

b) Put the **chicken** in a bowl and add the **flour** and season with **salt** and **pepper**.

c) Toss to coat.

d) Once hot, add the **chicken** to the pan and stir-fry until golden brown, 4-5 mins. **IMPORTANT:** *Wash your hands after handling raw meat.*



5. Mash the Potatoes

a) Meanwhile, once the **potatoes** are cooked, drain them in a colander.

b) Pop them back in their pan and add a knob of **butter** and a splash of **milk** (if you have any).

c) Season to taste with **salt** and **pepper** and mash until smooth.



3. Do the Prep

a) While the chicken cooks, halve, peel and thinly slice the **shallot**.

b) Trim the **green beans** and chop into thirds.

c) Peel and grate the **garlic** (or use a **garlic press**).



6. Finish and Serve

a) Once the **chicken** and **beans** are cooked, season to taste with **salt** and **pepper**. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

b) Serve the **mash** on plates with the **stew** alongside.

Enjoy!

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.