



CHICKEN, TOMATO & MUSHROOM STEW

with Dark Meat Chicken & Buttered Noodles

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



1 | 2
Tomato



1 tsp | 2 tsp
Garlic Powder



1 | 2
Tomato Paste



6 oz | 12 oz
Cavatappi Pasta
Contains: Wheat



10 oz | 20 oz
Diced Skinless Dark
Meat Chicken



4 oz | 8 oz
Button Mushrooms



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

HELLO

TOMATO PASTE

This pantry MVP adds rich, umami flavor to everything it touches.

PREP: 5 MIN | COOK: 25 MIN | CALORIES: 720



ONION A-PEEL

Why do we tell you to halve the onion before peeling it? Glad you asked! Halving the onion makes it easier to peel and, with the cut sides down, easier to slice.

BUST OUT

- Large pot
 - Large pan
 - Strainer
 - Kosher Salt
 - Black Pepper
 - Cooking Oil
 - Butter
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Trim and thinly slice **mushrooms** (**skip if your mushrooms are pre-sliced!**). Dice **tomato** into ½-inch pieces.



2 COOK PASTA

- Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Drain and return cavatappi to pot.



3 START STEW

- While cavatappi cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion** and **mushrooms**; cook, undisturbed, until slightly softened and browned, 2 minutes. Season with **salt** and **pepper**.



4 COOK CHICKEN

- Open package of **chicken*** and drain off any excess liquid.
- Add chicken to pan with **veggies**. (**TIP: If pan seems dry, add a drizzle of oil.**) Season with **garlic powder, salt, and pepper**. Cook, stirring occasionally, until veggies are tender and chicken is browned and cooked through, 4-6 minutes.



5 FINISH STEW

- Stir **diced tomato, tomato paste,** and **½ cup water** (¾ cup for 4 servings) into pan with **chicken and veggies**. Cook, stirring occasionally, until slightly thickened, 1-2 minutes.
- Turn off heat. Taste and season with **salt** and **pepper**. **TIP: If stew seems too thick, add more water a splash at a time.**



6 FINISH & SERVE

- Toss **drained cavatappi** with **3 TBSP butter** (6 TBSP for 4 servings) until melted. Taste and season with **salt**.
- Divide **buttered noodles** between shallow bowls. Top with **stew** and serve.

*Poultry is fully cooked when internal temperature reaches 165°.