






Cooking Made Easy

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Matador's Chicken & Chorizo Casserole with Crushed Potatoes

When faced with the prospect of possible death in the bullring, we're not entirely sure a matador would choose to eat falafel as his final meal. With this as inspiration we created a hearty, robust recipe that uses chorizo to give a distinctive, smokey character. Whether you're up against a raging bull, or maybe just a traffic warden, this is the one for you...



45 min



family box



gluten free



lactose free



Chicken Thighs



New Potatoes



Carrots



Organic Chopped Tomatoes



Chestnut Mushrooms



Chorizo



Rosemary



Bay Leaf



Garlic

Ingredients

	2P	4P
Chicken Thighs	-	8
New Potatoes	-	700g
Carrots	-	2 cups
Organic Chopped Tomatoes	-	1 tin
Chestnut Mushrooms, chopped	-	1 cup
Chorizo	-	2/3 cup
Rosemary	-	1 sprig
Bay Leaf	-	1
Garlic Clove, chopped	-	2

⊕ May feature in another recipe

* Good to have at home

LH Step for little hands

Allergens

N/A

Nutrition per serving: Calories: 688 kcal | Protein: 45g | Carbs: 62g | Fat: 22g | Saturated Fat: 9g



1 Pre-heat your oven to 220 degrees. Peel and finely chop up your garlic and roughly chop your mushrooms. Peel and cut your carrots into sticks. We chopped the chorizo for you to save a bit of time!



2 Pat the chicken skin dry with some kitchen towel. Rub a 1/4 tsp of olive oil on each thigh and rub in a good pinch of salt and pepper. Cook them in the oven on the top shelf for 20 mins until the skin is nice and crispy. Rest them out of the oven afterwards.



3 Heat 1 tsp of olive oil in a pan on medium heat. Once it's hot add in the chorizo. When the chorizo has browned off slightly add in the garlic and cook for a minute. **Tip:** Be careful not to burn the garlic



4 Add in the tomatoes, mushrooms and bay leaf. Next stir in a tsp of sugar (if you have it) and a good pinch of salt and pepper. Leave to bubble away on low heat until it has thickened up (about 15 mins).

5 Bring a large pot of salted water to the boil and add in your potatoes. After 12 mins add

the carrots to the pan and cook everything together for another 4 mins. **Tip:** *Cooking the carrots with the potatoes saves on dirty pans and boiling more water*

6 The potatoes should be soft enough to slip a sharp knife through them by now. Drain the water and put the carrots in a separate bowl. **LH:** Let the potatoes dry off and crush them lightly with a fork. Season with salt and pepper.

7 Heat up a non-stick pan with 1/2 tbsp of olive oil on high heat and add the rosemary leaves. Cook for a minute then add the potatoes and cook until they are nicely crisped up (about 5 mins). **Tip:** *You can re-heat the carrots with the potatoes for the last minute*

8 Serve your carrots and crushed new potatoes in a bowl with the chicken thighs. Pour your chorizo infused tomato sauce over the top. In your most dramatic matador's voice shout "Olé!" as you serve it on the table.