



Cooking Made Easy

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Chicken & Mushroom Stroganoff with Tagliatelle & Courgettes

Advanced prep is the name of the game for tonight's recipe. Whenever Patrick makes this one at home he cooks the poached chicken when he has a bit of spare time (e.g. the night before/ during the morning) and leaves it in the fridge until he cooks that night. Then all you need to do is shred the chicken and make up your sauce. Essential time saving for hungry tums!



40 min



family box



Chicken Stock Pot



Chicken Breast



Chestnut Mushrooms



Onion



Tagliatelle



Courgette



Ketchup



Paprika



Lemon



Worcestershire
Sauce



Sour Cream

Ingredients

	2P	4P
Chicken Stock Pot	-	1
Chicken Breast	-	2
Chestnut Mushrooms, chopped	-	3 cups
Onion, diced	-	2 cups
Tagliatelle 1	-	500g
Courgette, chopped	-	3 cups
Ketchup	-	1 tbsp
Paprika	-	2 tsp
Lemon	-	½
Worcestershire Sauce 1, 3, 4	-	2 tsp
Sour Cream 2	-	½ cup

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Gluten | 2) Milk

3) Sulphites | 4) Fish

Nutrition per serving: Calories: 666 kcal | Protein: 38 g | Carbs: 82 g | Fat: 21 g | Saturated Fat: 8 g



1 Bring a large pot of water with the stock pot to a gentle simmer (the surface should be slightly rippling). Add the chicken breasts and allow them to cook gently for 20-25 mins or until it's not pink in the middle (this is 'poaching' your chicken). Take the chicken out of the stock and allow to rest but keep the stock.



2 Wash the mushrooms to remove any dirt and grit. Roughly chop the mushrooms, peel and finely dice the onion. Bring another large pot of water to a boil for your pasta.



3 Toss the mushrooms in 1½ tbsp of oil. Heat a large frying pan over a high heat until it's really hot. Add half (or a third if you have a small pan) of the mushrooms and brown off for a few mins (doing this in two or three batches will stop them stewing). Once cooked, put your mushrooms on a plate to the side.



4 LH: By now your chicken should be out and rested. Using two forks pull the meat of the chicken apart into strands (i.e. 'shred' it). Turn the heat on the pan (used for the mushrooms) down

to medium and add in 1 tbsp of olive oil along with the onions. Cook them gently for 5 mins to soften them.

5 Add your tagliatelle into the boiling water with ¼ tsp of salt. Chop the courgette into 2cm cubes. 2 mins before the pasta is ready add the chopped courgette into the same pot (on top of the pasta). Once the courgette is just cooked through drain everything together.

6 Once the onions have softened, turn the heat to low. Add in the ketchup, all but a tiny pinch of the paprika, 8 tbsp of the stock, the shredded chicken, the mushrooms and a 1 tbsp of lemon juice. Add the Worcestershire sauce and cook for a few mins to thicken up.

7 Add ¼ tsp of salt and pepper to the sauce, taste and add more if you need it. When there is only a little liquid left, turn off the heat, add the sour cream and give it all a good stir.

8 Serve the Stroganoff onto the tagliatelle and courgette, and sprinkle over that final pinch of paprika.