



Everything  
But The Chef

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## Chicken Chasseur with Swede Mash

Chasseur literally translates to hunter, and paired with the gatherer's bounty, we've created the perfect combination in our Chicken Chasseur. Tender chicken thighs and moreish mushrooms in a rich, velvety sauce on a bed of buttery swede, makes this a classic for all thyme.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



low-carb



pantry items



Chicken Thighs



Red Onion



Button Mushrooms



Garlic



Vegetable Stock



Tomato Paste



Thyme



Swede

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
350 g	700 g	chicken thigh fillets, halved <b>A</b>
½	1	red onion, finely sliced <b>⊕</b>
1 punnet	2 punnets	button mushrooms, sliced <b>B</b>
1	2	garlic clove, peeled & crushed <b>⊕</b>
¼ cup	½ cup	white wine *
2 tsp	1 tbs	plain flour *
½ tsp	1 tsp	HelloFresh vegetable stock
1 cup	2 cups	water *
1 tbs	2 tbs	tomato paste
½ bunch	1 bunch	thyme <b>⊕</b>
450 g	900 g	swede, peeled & roughly chopped
15 g	30 g	butter *

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2010	Kj
Protein	39.6	g
Fat, total	22.8	g
-saturated	6.2	g
Carbohydrate	18.6	g
-sugars	14.4	g
Sodium	540	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Heat the **olive oil** in a flameproof casserole dish or large saucepan over a medium-high heat. Add the **chicken thigh fillets** and cook, turning, for **3-4 minutes** or until browned. Transfer the chicken to a plate. Add the **red onion** to the pan and cook, stirring, for **3 minutes** or until soft. Add the **button mushroom** and **garlic** and cook, stirring, for **1 minute**, or until the garlic is fragrant. Add the **white wine**, bring to the boil and cook for **2 minutes**, or until it has reduced by about half.



**2** Whisk the **plain flour**, **HelloFresh vegetable stock** and **water** in a jug to combine. Add to the pan with the **tomato paste**, **thyme** and chicken. Bring to the boil. Reduce to a medium heat. Cover with a lid. Cook, stirring often, for **15 minutes**, or until the chicken is cooked through. Season to taste with **salt** and **pepper**.



**3** Meanwhile, place the **swede** in a large pot and cover with salted water. Bring to the boil. Cook for **15 minutes**, or until tender. Drain. Return to the pot and mash with the **butter** using a potato masher until smooth. Season to taste with **salt** and **pepper**.



**4** To serve, divide the swede mash and chicken chasseur between plates.

**Did you know?** The Swedish turnip, 'swede', made their way to Australia with the First Fleet in 1788.