







More Than Food
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Braised Chicken with Mushrooms, Mashed Potatoes and Garlicky Broccoli

This is a recipe inspired by the French classic, 'Coq au Vin', which is a favourite of our chef André! We've made it kid friendly by omitting the wine and have taken the bone out and skin off the chicken to make it easy to eat! We've also added some delicious tarragon! Voila!

 50 mins

 family box

 gluten free

 lactose free



Chicken Thigh (8)



Onion (1)



Garlic Clove (2)



Chestnut Mushrooms
(1 large punnet)



Tomato Purée
(2 tbsp)



Chicken Stock Pot
(1)



Potato (1 pack)



Broccoli
(1)



Tarragon
(4 sprigs)

Ingredients

4 PEOPLE ALLERGENS

Chicken Thigh	8
Onion, sliced	1
Garlic Clove, grated	2
Chestnut Mushrooms, quartered	1 large punnet
Tomato Purée	2 tbsp
Chicken Stock Pot	1
Potato, quartered	1 pack
Broccoli, florets	1
Tarragon, chopped	4 sprigs

 Our fruit and veggies may need a little wash before cooking!

LH Step for little hands

Did you know...

Broccoli is part of the cabbage family.

Nutrition per serving: Calories: 644 kcal | Protein: 40 g | Carbs: 43 g | Fat: 28 g | Saturated Fat: 7 g

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1 Heat a large frying pan or casserole dish over medium-high heat. Season each of the **chicken thighs** with a pinch of **salt** and a good grind of **black pepper**.

2 Add 1 tbsp of **oil** to the pan and cook the **chicken** for 3 mins on each side or until golden brown. **Tip:** *Depending on the size of the pan you are using, you may need to do this in two batches. Don't overcrowd the pan or your chicken will stew and never go brown!* Once all the **chicken** has browned off, transfer to a plate and prepare the rest of your ingredients. Don't wash the pan, you'll use it again later.

3 Cut the **onion** in half through the root, peel and then slice into thin half moon shapes. Peel and grate the **garlic**. Quarter the **chestnut mushrooms**.

4 Add 1 tbsp of **oil** to the pan you cooked your **chicken** in and turn the heat to medium. Cook the sliced **onions** and chopped **mushrooms** for 3 mins and then stir in the **tomato purée** and half the grated **garlic**. Cook for 2 mins more.

5 Pour in 400ml of **water** and stir in the **chicken stock pot** until it's dissolved. Pop the **chicken** back into the pan and increase the heat to high. Once it is boiling, reduce the heat to low, pop the lid on and leave to bubble away gently for 20 mins.

6 Whilst the **chicken** cooks get the **potatoes** ready. Peel first, then cut them into quarters and pop them into a pot with cold water and ½ tsp of **salt**. Put the pot on high heat, bring to the boil and then reduce the heat to medium-low. Cook for 20-25 mins or until tender. They are cooked when you can easily slip a knife through them.

7 LH: *Break the broccoli down into little broccoli trees, AKA florets.* Don't throw away the stalk!

Peel it with a peeler or a small knife and then cut into four pieces.

8 Pick the **tarragon** leaves, discard the stalks and roughly chop the leaves. Keep for later.

9 When your **chicken** has been cooking for 20 mins, remove the lid from the **chicken** pan, reduce the heat to low and leave it bubbling away for a further 15-20 mins.

Tip: *The chicken is cooked when the centre is no longer pink.*

10 When your **potatoes** are ready, drain them in a colander and return them to the pot off the heat. Season with ¼ tsp of **salt** and a good grind of **black pepper**.

LH: *Get the kids to help out with the mashing!* Mash your potatoes with a potato masher, 50ml of **milk** and a knob of **butter** (if you have some!). Place the lid back on the pan to keep warm.

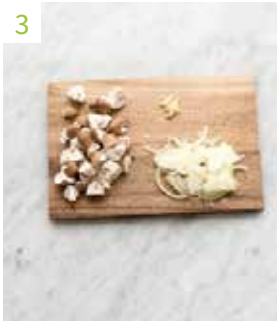
11 When your mashed **potatoes** are ready, pop the **broccoli** and the chopped stalk into a wide frying pan with 1 tbsp of **oil**, 2 tbsp of **water**, a pinch of **salt** and the remaining grated **garlic**.

Pop a lid on and cook the **broccoli** over medium-high heat for 5 mins.

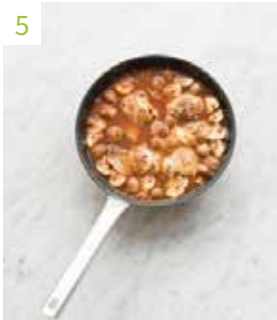
12 When everything is ready, sprinkle the chopped **tarragon** onto your **chicken** stew and serve with your garlicky **broccoli** and your creamy **potatoes**!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!

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