



Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash

Rapid 20 Minutes • 1.5 of your 5 a day

1



Potato



Bacon Lardons



Diced Chicken Thigh



Plain Flour



Leek



Green Beans



Sliced Mushrooms



Red Wine Stock



Cheddar Cheese



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Cooking tools, you will need:

Saucepan, Colander, Frying Pan, Measuring Jug and Coarse Grater.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
 Bacon Lardons**	90g	120g	180g
Diced Chicken Thigh**	280g	420g	560g
Plain Flour 13)	8g	12g	16g
Leek**	1	2	2
Green Beans**	1 small pack	1 large pack	1 large pack
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Red Wine Stock 14)	1 sachet	1 sachet	2 sachets
Water*	150ml	200ml	250ml
Cheddar Cheese 7)**	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	2255 /539	388 /93
Fat (g)	20	3
Sat. Fat (g)	7	1
Carbohydrate (g)	52	9
Sugars (g)	8	1
Protein (g)	40	7
Salt (g)	2.21	0.38

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	626g	100g
Energy (kJ/kcal)	2743 /656	439 /105
Fat (g)	29	5
Sat. Fat (g)	10	2
Carbohydrate (g)	53	9
Sugars (g)	8	1
Protein (g)	48	8
Salt (g)	3.44	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Cook the Potatoes

- Fill and boil your kettle.
- Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the potatoes.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- When boiling, add the **potatoes** and cook until tender, about 12-15 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them.

- Once cooked, drain the **potatoes** in a colander.



Cook the Veg

- Once the **chicken** is browned, add the **leek** and **sliced mushrooms** to the pan.
- Season with **salt** and **pepper** and cook until the **mushrooms** have browned and the **leek** softened, 4-5 mins. Stir occasionally.



Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **chicken** and sprinkle over the **flour**. Season with **salt** and **pepper**. Stir together to coat the **chicken**. Cook until golden on the outside, 3-5 mins. Stir occasionally. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

 **CUSTOM RECIPE**

If you've added **bacon** to your meal, before cooking the **chicken**, heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **bacon lardons** and stir-fry until golden brown, 3-4 mins. Once browned, remove to a bowl and set aside. Follow the rest of the step accordingly (using the same frying pan to cook your **chicken** in).



Simmer

- Once the **veggies** are soft, add in the **red wine stock sachet** and **boiling water** (see ingredient list for amount).
- Add the **green beans**, bring to a boil, stirring to dissolve the **stock pot**. Simmer until the **beans** are tender, 4-5 mins, then remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it's a bit thick.

 **CUSTOM RECIPE**

If you've chosen to add **bacon** to your meal, add the **cooked bacon** to the pan along with the **green beans**. Then follow the rest of the recipe.



Prep

- While the chicken cooks, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.
- Trim the **green beans** then chop into thirds.



Finish and Serve

- Put your **potatoes** back into the pan and add a knob of **butter** and a splash of **milk**, if you have it.
- Grate in the **Cheddar cheese** and mash until smooth.
- Serve in bowls with the **chicken stew** on top.

Enjoy!