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WK32
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Spanish Chicken with Green Olives & Creamy Mash

From the land of bullfighting, tennis, rhythmic gymnastics and football comes this dish which is all about celebrating local produce. Tender chicken wrapped in layers of smokiness from paprika, capsicum and spices, is given a kick with green olives. Of course, no Spanish dish would be complete without 'patatas'!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



high protein



eat me early

Pantry Items



Olive Oil



White Sugar



Milk



Butter



Chicken Thighs



Red Onion



Red Capsicum



Garlic



Birdseye Chilli



Cumin & Paprika
Spice Blend



Tomato Paste



Tomato



Pitted Green
Olives



Potatoes



Parsley

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2P	4P	Ingredients	
1 tsp	2 tsp	olive oil *	
1 packet	2 packets	chicken thighs, cut into 2 cm chunks	🌿
½	1	red onion, finely sliced	⊕
1	2	red capsicum, finely sliced	🌿
1 clove	2 cloves	garlic, peeled & crushed	⊕
1	2	birdseye chilli, deseeded & finely chopped	
2 tsp	1 tbs	cumin & paprika spice blend	
1 tub	2 tubs	tomato paste	
2	4	tomatoes, diced	
¼ cup	½ cup	pitted green olives, sliced (check for pits)	🌿
1 tsp	2 tsp	white sugar *	
400 g	800 g	potatoes, peeled & cut into 2 cm pieces	
¼ cup	½ cup	milk *	
1 tsp	2 tsp	butter *	
½ bunch	1 bunch	parsley, finely chopped	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2300	Kj
Protein	43.3	g
Fat, total	21.4	g
-saturated	5.7	g
Carbohydrate	41.7	g
-sugars	14.1	g
Sodium	666	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, medium frying pan, large saucepan, colander and a potato masher or fork.*

1 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Remove from the pan and set aside.



2 Place the same frying pan back over a medium-high heat. Add the **red onion** and **red capsicum** and cook, stirring, for **3 minutes** or until soft. Add the **garlic**, **birdseye chilli** and **cumin & paprika spice blend** and cook for **1 minute** or until fragrant. Add the **tomato paste**, browned chicken, **tomato**, **pitted green olives** and **white sugar** and bring to the boil. Reduce the heat to medium-low and season with **salt** and **pepper**. Simmer for **15 minutes** or until the chicken is cooked through and the sauce has thickened slightly.



3 Meanwhile, place the **potato** in a large saucepan of cold water, bring to the boil and cook for **15 minutes** or until tender. Drain and return back to the saucepan. Add the **milk**, **butter** and a good season of salt and pepper. Mash with a potato masher or fork until smooth.

4 To serve, divide the mashed potato between plates. Top with the chicken casserole and garnish with the **parsley**.



Did you know? Capsicum is actually a fruit!