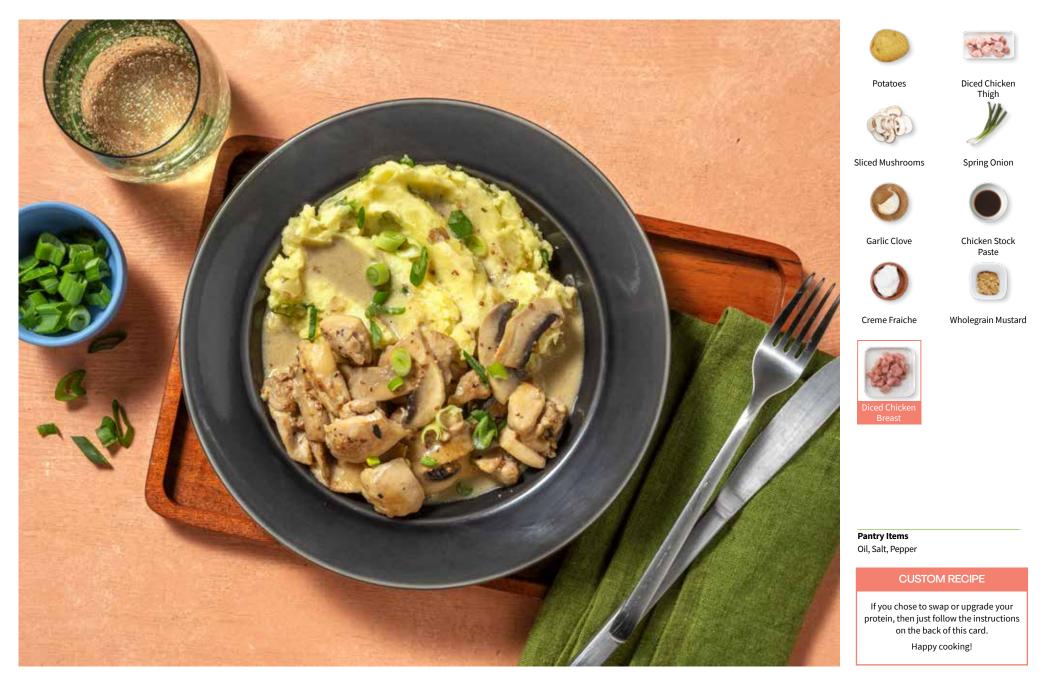


Creamy Mustard Chicken and Mushrooms



with Spring Onion Mash

Quick 20 Minutes • 1 of your 5 a day



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, frying pan, garlic press, colander, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Diced Chicken Thigh**	260g	390g	520g
Sliced Mushrooms**	180g	240g	360g
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Wholegrain Mustard 9)	17g	25g	34g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Sauce*	E0ml	75ml	100ml

100ml Water for the Sauce* 75ml 50ml *Not Included **Store in the Fridae

Nutrition

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Typical Values	Per serving	Per 100g	Per serving	Per 100g	
for uncooked ingredient	536g	100g	536g	100g	
Energy (kJ/kcal)	2337 /559	436/104	2076 /496	387 /93	
Fat (g)	26.4	4.9	16.2	3.0	
Sat. Fat (g)	11.4	2.1	8.4	1.6	
Carbohydrate (g)	49.4	9.2	49.2	9.2	
Sugars (g)	4.9	0.9	4.9	0.9	
Protein (g)	36.9	6.9	39.8	7.4	
Salt (g)	1.58	0.29	1.52	0.28	

Nutrition for uncooked inaredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

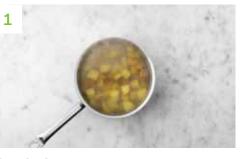
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Cook the Potatoes

a) Boil a full kettle of water.

b) Chop the potatoes into 2cm chunks (peel first if you prefer).

c) Pour the **boiling water** into a large saucepan with 1/2 tsp salt.

d) Add the potatoes to the pan and cook until you can easily slip a knife through, 15-18 mins.



Fry the Chicken and Veg

a) While the potatoes cook, heat a drizzle of oil in a large frying pan on high heat.

b) Once hot, add the diced chicken and sliced mushrooms to the pan. Season with salt and **pepper**.

c) Fry until the chicken is golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get diced chicken breast instead of **thigh**, cook the recipe in the same way.



Sauce Things Up

a) Once the chicken and mushrooms are cooked, add the garlic to the pan. Stir-fry for 1 min.

b) Pour in the chicken stock paste and water for the sauce (see pantry for amount), then bring to the boil and reduce by half, 2-3 mins.

c) Stir through the creme fraiche and mustard (add less if you'd prefer things milder) until everything's piping hot, 2-3 mins.



Make the Mash

a) Meanwhile, once the potatoes are cooked, drain in a colander and return to the pan, off the heat.

b) Add a knob of **butter** and a splash of **milk** (if you have any) along with the **spring onion**. Mash until smooth.

c) Season with salt and pepper. Cover with a lid to keep warm.



Finish the Prep

a) Meanwhile, trim and thinly slice the spring onion.

b) Peel and grate the **garlic** (or use a garlic press).



Serve

a) When everything's ready, spoon the spring onion mash into your bowls.

b) Serve the creamy mustard chicken alongside.

Enjoy!



