



Chicken and Mushroom Crumble

with Basmati Rice and Cheese

Family 20 Minutes • 1 of your 5 a day

1



Basmati Rice



Diced Chicken Thigh



Onion



Garlic Clove



Grated Hard Italian Style Cheese



Breadcrumbs



Sliced Mushrooms



Baby Spinach



Crema Fraiche



Chicken Stock Paste



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

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, sieve, lid, frying pan, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	260g	390g	520g
Onion**	1	1	2
Garlic Clove**	1	2	2
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Breadcrumbs 13)	25g	35g	50g
Sliced Mushrooms**	120g	180g	240g
Baby Spinach**	40g	100g	100g
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	466g	100g	466g	100g
Energy (kJ/kcal)	3743 / 895	803 / 192	3482 / 832	747 / 179
Fat (g)	46.3	9.9	36.1	7.8
Sat. Fat (g)	21.4	4.6	18.5	4.0
Carbohydrate (g)	80.6	17.3	80.4	17.2
Sugars (g)	7.9	1.7	7.9	1.7
Protein (g)	43.7	9.4	46.6	10.0
Salt (g)	1.77	0.38	1.70	0.37

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

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Veg

- Preheat your grill to high.
- Once the **chicken** is browned, add the **onion** and **sliced mushrooms** to the pan. Add a drizzle more **oil** if the pan is dry.
- Cook until the **mushrooms** have browned and the **onion** has softened, 4-5 mins. Stir occasionally.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Stir in the **garlic** and cook for 1 min more.



Fry the Chicken

- While the **rice** cooks, heat a drizzle of **oil** in a large (preferably ovenproof) frying pan on medium-high heat.
- Once hot, add the **diced chicken** and season with **salt** and **pepper**. Cook until browned all over, 4-5 mins. Turn occasionally. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

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



Grill the Crumble

- Once the **veg** is soft and the **chicken** is cooked through, stir in the **creme fraiche** and **chicken stock paste**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Bring to a boil and simmer for 1 min. Taste and add **salt** and **pepper** if needed. **TIP:** If your pan isn't ovenproof, pop the contents into an ovenproof dish now.
- Sprinkle over the **cheesy breadcrumbs**, then grill until golden, 2-3 mins.



Perfect your Prep

- While the **chicken** cooks, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Pop the **cheese** and **breadcrumbs** into a small bowl and add the **olive oil for the crumb** (see pantry for amount). Stir well, then set aside your **cheesy breadcrumbs**.



Serve

- Fluff up the **rice** with a fork.
- Serve in bowls with the **chicken and mushroom crumble** on top.

Enjoy!