



# Crispy Chicken in Creamy Mushroom Sauce with Rosemary Roasted Butternut and Salad

Calorie Smart 35-40 Minutes • 2 of your 5 a day • Under 650 Calories

24



Butternut Squash



Dried Rosemary



Garlic Clove



Medium Tomato



Skin-On British  
Chicken Breasts



Sliced Mushrooms



Soured Cream



Chicken Stock Paste



Baby Leaf Mix

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

## Before you start

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

## Cooking tools

Baking tray, garlic press, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Butternut Squash**	1	1	1
Dried Rosemary	1 sachet	1½ sachets	2 sachets
Garlic Clove**	1	2	2
Medium Tomato	1	1½	2
Skin-On British Chicken Breasts**	2	3	4
Sliced Mushrooms**	80g	120g	180g
Soured Cream** 7)	75g	150g	150g
Chicken Stock Paste	10g	15g	20g
Baby Leaf Mix**	20g	50g	50g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>655g</b>	<b>100g</b>
Energy (kJ/kcal)	2035/486	311/74
Fat (g)	22.4	3.4
Sat. Fat (g)	7.9	1.2
Carbohydrate (g)	31.3	4.8
Sugars (g)	18.0	2.7
Protein (g)	44.0	6.7
Salt (g)	1.20	0.18

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

## Allergens

### 7) Milk

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, mollusc, 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.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Pop the **butternut** onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried rosemary**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.



## Get Frying

When the **chicken** has 10 mins remaining, wipe out any excess **oil** from the (now empty) frying pan and return to high heat.

Once hot, add the **mushrooms** and fry, stirring occasionally, until browned, 4-5 mins.

Add the **garlic** and fry until fragrant, 1 min more.



## Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press). Cut the **tomato** into 1cm chunks.

In a medium bowl, add the **sugar** and **olive oil for the dressing** (see pantry for both amounts) and season with **salt** and **pepper**. Stir through the **tomato chunks** and set aside for later.



## Make your Mushroom Sauce

Stir the **soured cream**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **mushrooms**. Simmer until thickened, 4-5 mins.

Just before you're ready to serve, toss the **baby leaves** through the **tomatoes** and **dressing**.



## Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**.

Fry until the skin is golden, 5-6 mins, then turn and cook for 1 min on the other side.

Transfer the **chicken** to a baking tray, skin-side up, and roast on the top shelf until cooked, 18-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Finish and Serve

When everything's ready, slice the **chicken** into 2cm thick slices and transfer to your plates.

Serve the **roasted butternut squash** and **salad** alongside.

Spoon the **creamy mushroom sauce** over the **chicken** to finish.

## Enjoy!