



One Pot Tuscan Inspired Pulled Chicken Stew

with Ciabatta and Cheese

Classic 25-30 Minutes • 1 of your 5 a day

45



Creme Fraiche



Sun-Dried Tomato Paste



Chicken Stock Paste



Dried Basil



Baby Plum Tomatoes



British Chicken Thighs



Ciabatta



Baby Spinach



Grated Hard Italian Style Cheese



British Chicken Breasts

Pantry Items

Oil, Salt, Pepper, Sugar

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, 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

Ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Creme Fraiche** 7)	150g	225g	300g
Sun-Dried Tomato Paste	25g	50g	50g
Chicken Stock Paste	10g	15g	20g
Dried Basil	1 sachet	2 sachets	2 sachets
Baby Plum Tomatoes	190g	250g	380g
British Chicken Thighs**	4	6	8
Ciabatta 13)	2	3	4
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese* 7) 8)	20g	40g	40g

British Chicken Breasts**	2	3	4
---------------------------	---	---	---

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	535g	100g	495g	100g
Energy (kJ/kcal)	3856/922	720/172	2981/712	602/144
Fat (g)	57.3	10.7	34.6	7.0
Sat. Fat (g)	24.8	4.6	18.2	3.7
Carbohydrate (g)	52.8	9.9	52.9	10.7
Sugars (g)	9.6	1.8	9.7	2.0
Protein (g)	55.4	10.4	52.4	10.6
Salt (g)	2.88	0.54	2.80	0.57

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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Make the Sauce

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop a large, wide-bottomed ovenproof pan on medium heat.

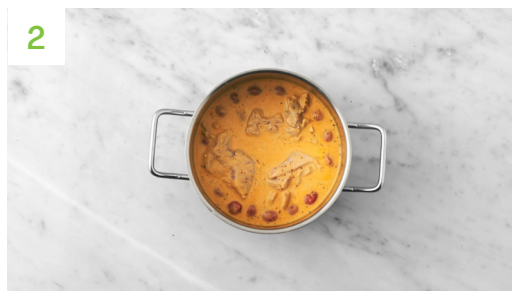
Add the **creme fraiche, sun-dried tomato paste, chicken stock paste, dried basil, tomatoes, sugar and water for the sauce** (see pantry for both amounts). Stir to combine and bring to the boil.



Bake the Ciabatta

When the **stew** has 5 mins remaining, pop the **ciabatta** halves into the oven to warm through, 2-3 mins.

Once toasted, drizzle with **oil** and season with **salt**.



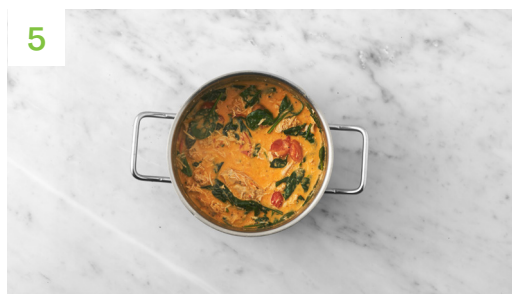
Add the Chicken

Once boiling, remove from the heat and place the **chicken thighs** into the **sauce**. Season with **salt** and **pepper**.

Cover with a lid or foil and bake on the middle shelf until cooked through, 22-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

↔ Swap to Chicken Breast

If you've chosen **chicken breast** instead, oven-bake for the same amount of time, then pull in the same way.



Shred the Chicken

Once the **chicken** is cooked, remove the **stew** from the oven.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Use two forks to shred the **chicken**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Finish the Prep

Meanwhile, halve the **ciabatta**.



Serve Up

Share the **chicken stew** between bowls.

Sprinkle over the **cheese**. Serve the **ciabatta** alongside for dipping.

Enjoy!