



Creamy Chicken and Mushroom Filo Pie with Carrot and Onion

Family 35-40 Minutes • 1 of your 5 a day

38



Filo Pastry Sheets



Diced British Chicken Thigh



Onion



Garlic Clove



Carrot



Sliced Mushrooms



Chicken Stock Paste



Creme Fraiche



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

↔ 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

Frying pan, garlic press, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Filo Pastry Sheets** 11) 13)	3½	5¼	7
Diced British Chicken Thigh**	240g	390g	520g
Onion	1	1½	2
Garlic Clove**	2	3	4
Carrot**	1	1	2
Sliced Mushrooms**	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	517g	100g	517g	100g
Energy (kJ/kcal)	2930/700	567/135	2669/638	516/123
Fat (g)	37.8	7.3	27.7	5.4
Sat. Fat (g)	18.9	3.7	15.9	3.1
Carbohydrate (g)	55.1	10.7	54.8	10.6
Sugars (g)	13.1	2.5	13.1	2.5
Protein (g)	38.8	7.5	41.6	8.1
Salt (g)	2.50	0.48	2.44	0.47

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

Allergens

7) Milk 11) Soya 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

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Cook the Chicken

Preheat your oven to 200°C/180°C fan/gas mark 6.

Remove the **filo pastry** from the fridge and its packet to bring it to room temperature (see ingredients for amount). Lay it flat on the counter, covered with a damp tea towel.

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

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until 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.

↔ Swap to Chicken Breast

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



Simmer the Creamy Sauce

Stir the **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **veg** pan.

Bring to the boil, then turn down the heat. Add the **creme fraiche** and simmer gently until thickened, 3-4 mins.

Once the **sauce** has thickened, return the **chicken** to the pan. Season with **salt** and **pepper** and transfer to an appropriately sized ovenproof dish.



Some Quick Prep

While the **chicken** cooks, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces about ½ cm thick.

Once cooked, transfer the **chicken** to a bowl and set aside.



Ready, Steady, Bake

Halve the **filo pastry sheets** (see ingredients for amount) to make squares.

Scrunch each **sheet** into a very loose ball and place on top of the **filling**. Repeat until the whole **pie** is covered, making sure not to overcrowd the **pastry**.

Drizzle the whole thing with **oil** and then bake on the top shelf of your oven until the **filo** is golden, 10-15 mins.



Fry the Veg

Return your (now empty) pan to medium-high heat with a drizzle more **oil**.

Add the **onion** and **carrot** and stir-fry until slightly softened, 4-5 mins, then stir in the **mushrooms** cook until browned, 5-6 mins.

Add the **garlic** and stir-fry for 1 min more.



Serve

When the **pie's** ready, share it between your plates and dig in.

Enjoy!