



# Chicken Chasseur

with Parmesan Roast Potatoes and Tenderstem® Broccoli

Premium 40-45 Minutes • 1 of your 5 a day

30



Potatoes



Echalion Shallot



Garlic Clove



Thyme



Tenderstem® Broccoli



Skin-On British Chicken Breasts



British Smoked Bacon Lardons



Sliced Mushrooms



Tomato Puree



Red Wine Jus Paste



Parmigiano Reggiano



Also known as 'poulet chasseur' in its native France, chicken chasseur requires frying off the chicken first before braising in sauce chasseur (hunter's sauce), a rich tomato-based sauce with mushrooms, onions or shallot and often wine.

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Echalion Shallot**	1	1½	2
Garlic Clove**	3	4	6
Thyme**	1 bunch	1½ bunches	2 bunches
Tenderstem® Broccoli**	150g	230g	300g
Skin-On British Chicken Breasts**	2	3	4
British Smoked Bacon Lardons**	90g	150g	180g
Sliced Mushrooms**	120g	180g	240g
Tomato Puree	30g	45g	60g
Red Wine Jus Paste <b>10) 14)</b>	22g	37g	44g
Parmigiano Reggiano** <b>7)</b>	20g	30g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	759g	100g
Energy (kJ/kcal)	3192/763	421/101
Fat (g)	32.2	4.2
Sat. Fat (g)	13.3	1.8
Carbohydrate (g)	62.2	8.2
Sugars (g)	12.6	1.7
Protein (g)	60.5	8.0
Salt (g)	2.94	0.39

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

## Allergens

**7)** Milk **10)** Celery **14)** Sulphites

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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## Get Prepped

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Strip the **thyme leaves** from their stalks and roughly chop (discard the stalks). Halve any thick **broccoli stems** lengthways.



## Simmer Time

Add the **red wine jus paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the pan. **TIP:** If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Bring to the boil, then reduce the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 4-5 mins.

When the **chicken** has 10-12 mins remaining, pop the **Tenderstem® broccoli** on one side of the tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Return the **chicken** and **broccoli** to the oven for the remaining time.



## Fry 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 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, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Finishing Touches

When the **potatoes** have a few mins left, sprinkle over the **Parmigiano Reggiano** and the remaining **thyme**. Return to the oven until melted, 2-3 mins.

When the **chicken** is cooked, allow it to rest for a few mins, then cut into 1cm thick slices.

When your **sauce** is ready, stir in the **butter** (see pantry for amount). Taste and season the **sauce** with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Start your Chasseur Sauce

Pop the (now empty) frying pan back on medium-high heat with an extra drizzle of **oil** if needed.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Add the **shallot** and **mushrooms** to the pan. Fry until softened, 5-6 mins.

Add the **garlic**, the **tomato puree** and **half** the **thyme**. Stir-fry until fragrant, 1 min.



## Serve Up

Share the **chicken**, **potatoes** and **broccoli** between plates.

Spoon the **chasseur sauce** over the **chicken** to finish.

## Enjoy!