



# Chicken, Red Wine Jus and Mushroom Stew with Cheesy Mash

Rapid Eat Me Early • 20 Minutes • 1 of your 5 a day

11



Potatoes



Diced Chicken Thigh



Plain Flour



Onion



Chives



Sliced Mushrooms



Red Wine Jus Paste



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Saucepan, Frying Pan, Wooden Spoon, Measuring Jug, Potato Masher, Colander.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Diced Chicken Thigh**	280g	420g	560g
Plain Flour <b>13)</b>	8g	12g	16g
Onion**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Sliced Mushrooms**	120g	180g	240g
Red Wine Jus Paste <b>10) 14)</b>	1 pot	1½ pots	2 pots
Water for the Sauce*	150ml	200ml	250ml
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	60g	80g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	2310 /552	430 /103
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	54	10
Sugars (g)	6	1
Protein (g)	44	8
Salt (g)	1.91	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **8)** Egg **10)** Celery **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Cook the Potatoes

**a)** Fill and boil your kettle. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**.

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

**c)** When the **water's** boiling, add the **potatoes** and cook until tender, about 12-15 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.*

**d)** Once cooked, drain the **potatoes** in a colander.



## Cook the Veg

**a)** Once the **chicken** is browned, add the **onion** and **sliced mushrooms** to the pan.

**b)** Season with **salt** and **pepper** and cook until the **mushrooms** have browned and the **onion** softened, 4-5 mins. Stir occasionally.



## Cook the Chicken

**a)** Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

**b)** Once hot, add the **chicken** and **flour**. Season with **salt** and **pepper**. Stir together to coat the **chicken**.

**c)** Cook until golden on the outside, 3-5 mins. Stir occasionally. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



## Simmer

**a)** Once the **veggies** are soft, add in the **red wine jus paste** and boiling **water** (see ingredient list for amount).

**b)** Bring to a boil, stirring to dissolve the **paste**. Simmer for 2-3 mins, then remove from the heat and stir in **half** of the **chives**.

**c)** Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it's a bit thick.



## Prep

**a)** While the chicken cooks, halve, peel and thinly slice the **onion**.

**b)** Roughly chop the **chives** (or use scissors).



## Finish and Serve

**a)** Put your **potatoes** back in the pan and add a knob of **butter** and a splash of **milk** if you have any.

**b)** Add the **grated hard Italian style cheese** and **mash** until smooth.

**c)** Serve in bowls with the **chicken stew** on top and a sprinkling of the remaining **chives**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.