



# Creamy Mushroom Chicken

with Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Green Beans



Carrot



Garlic



Chicken Breast



Sliced Mushrooms



Diced Bacon



Light Thickened Cream



Vegetable Stock Powder



Parsley

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Naturally Gluten-Free  
*Not suitable for coeliacs*

Eat Me Early

Something magical happens when you spoon this creamy mushroom sauce over chicken and mashed potato. It all comes together so beautifully you'll be wanting to lick the plate clean!

### Pantry items

Olive Oil, Milk, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 medium bag (200g)	1 large bag (400g)
carrot	1	2
garlic	2 cloves	4 cloves
chicken breast	1 small packet	1 large packet
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
diced bacon	1 packet (90g)	1 packet (180g)
light thickened cream	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3516kJ (840Cal)	442kJ (106Cal)
Protein (g)	56.8g	7.1g
Fat, total (g)	47.3g	5.9g
- saturated (g)	25.3g	3.2g
Carbohydrate (g)	44.6g	5.6g
- sugars (g)	15g	5.6g
Sodium (mg)	1360mg	171mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Prep the veggies

Bring a medium saucepan of salted water to the boil. Peel and cut the **potato** into large chunks. Trim the **green beans**. Cut the **carrot** into thin sticks. Finely chop the **garlic**.



## 2 Cook the veggies

Cook the **potato** in the boiling water for **5 minutes**. Place a steamer basket on top of the saucepan and add the **carrot**. Cover with a lid and steam until the **carrot** has softened, **4 minutes**. Add the **green beans** to the **carrot** and continue cooking until the **veggies** are tender, and the **potato** can be easily pierced with a knife, **6 minutes**. Transfer the **carrot** and **beans** to a bowl and season with **salt** and **pepper**. Drain the **potato** and return to the saucepan. Cover to keep warm.



## 3 Cook the chicken

While the potato is cooking, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Season the **chicken** steaks and add to the hot pan. Cook until cooked through, **2-4 minutes** each side (depending on the thickness). Transfer to a plate to rest.

**TIP:** The chicken is cooked when it's no longer pink inside.



## 4 Make the mushroom sauce

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **sliced mushrooms** and **diced bacon**, breaking up with a spoon, until well browned, **5-6 minutes**. Reduce the heat to medium-low and add the **garlic**. Cook, stirring, until fragrant, **1 minute**. Add the **light thickened cream**, **vegetable stock powder** and any **chicken** resting juices and stir to combine. Simmer until slightly reduced, **3-4 minutes**. Season with **salt**.



## 5 Mash the potato

Add the **milk**, **salt**, **butter** and a pinch of **pepper** to the potato. Mash until smooth.



## 6 Serve up

Roughly chop the **parsley**. Divide the mash, chicken breast and veggies between plates. Spoon the creamy mushroom sauce over the chicken and garnish with the parsley.

Enjoy!

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