



# CREAMY MUSHROOM & GARLIC FLORENTINE CHICKEN

with Steamed Rice



Master a creamy mushroom sauce



Button Mushrooms



Chicken Thigh



Green Beans



Parsley



Garlic



Basmati Rice



Red Capsicum Flakes



Chicken Stock



Baby Spinach Leaves



Thickened Cream

Hands-on: **25 mins**  
Ready in: **40 mins**

Eat me early

This Italian-via-American chicken Florentine might sound a little convoluted, so allow us to break it down. Creamy, mushroom sauce that coats everything in tasty silkiness. Succulent chicken breast. Pillowy white rice. See? It's really quite simple.

**Pantry Staples:** Olive Oil, Water, Butter

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **garlic crusher**, **sieve**, **medium saucepan** with a **lid**, **wooden spoon**, **large frying pan** and a **plate**.



## 1 GET PREPPED

Slice the **chicken thigh** into 1 cm strips. Finely slice the **button mushrooms**. Peel and crush the **garlic**. Trim the **green beans** and slice into thirds. Finely chop the **parsley**.



## 2 COOK THE RICE

Rinse the **basmati rice** well. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



## 3 COOK THE CHICKEN

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the **chicken thigh** and cook for **5-6 minutes**, or until browned. Season the chicken with a **pinch of salt** and **pepper** and set aside on a plate.



## 4 COOK THE MUSHROOMS

Return the frying pan to a medium-high heat (no need to wash it out!) and add the **butter** and a **drizzle of olive oil**. **TIP:** *The olive oil stops the butter from burning.* Add the **button mushrooms** and cook, stirring occasionally, for **6 minutes**, or until golden brown. Add the **garlic** and **red capsicum flakes (use suggested amount)** and cook for **1 minute**, or until fragrant.



## 5 COMBINE IT ALL TOGETHER

Add the **water (for the sauce)** and crumble in the chicken stock cube (**use suggested amount**). Add the green beans and cook for 2-3 minutes, or until softened. Add the baby spinach leaves and stir until wilted. Reduce the heat to low and stir through the **thickened cream (use suggested amount)**. Mix well and season to taste with salt and pepper. **TIP:** *Make sure you reduce the heat to low and stir regularly to stop the sauce from splitting.* Add the parsley and the cooked chicken thigh to the sauce and stir until heated through. Remove the pan from the heat.



## 6 SERVE UP

Divide the steamed rice between bowls and top with the creamy mushroom and garlic florentine chicken.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chicken thigh	1 packet	1 packet
button mushrooms	1 punnet	2 punnets
garlic	2 cloves	4 cloves
green beans	1 bag	1 bag
parsley	1 bunch	1 bunch
basmati rice	1 packet (¾ cup)	2 packets (1½ cups)
water* (for the rice)	1½ cups	3 cups
butter*	20 g	40 g
red capsicum flakes	½ sachet (1 tsp)	1 sachet (2 tsp)
water* (for the sauce)	1 tbs	2 tbs
chicken stock	½ cube	1 cube
baby spinach leaves	1 bag	1 bag
thickened cream	¾ tub (200 ml)	1½ tubs (400 ml)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4130kJ (986Cal)	544kJ (130Cal)
Protein (g)	46.6g	6.2g
Fat, total (g)	57.1g	7.5g
- saturated (g)	32.5g	4.3g
Carbohydrate (g)	68.1g	9.0g
- sugars (g)	5.9g	0.8g
Sodium (g)	274mg	36mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK5 | C

