



# Slow-Cooked Chicken Cacciatore

with Green Olives, Baby Spinach & Mash

Grab your Meal Kit with this symbol



Carrot



Celery



Garlic



Garlic & Herb Seasoning



Italian Herbs



Tomato Paste



Diced Tomatoes With Garlic & Olive Oil



Chicken-Style Stock Powder



Potato



Baby Spinach Leaves



Chicken Breast



Green Olives

Prep in: 20-30 mins  
Ready in: 1 hr 20 mins  
- 1 hr 30 mins



Naturally Gluten-Free  
Not suitable for coeliacs

Kick off the slow-cooking season with this rustic Italian dish, which starts with browning the chicken breast on the stovetop, before baking it with a garlic, herb and green olive-infused tomato sauce - which the hearty mash stands up to perfectly.

### Pantry items

Olive Oil, Brown Sugar, 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

Large ovenproof saucepan with a lid (or foil) · Medium saucepan with a lid

## Ingredients

|  | 2 People        | 4 People        |
|--|-----------------|-----------------|
| <b>olive oil*</b>                      | refer to method | refer to method |
| carrot                                 | 1               | 2               |
| celery                                 | 1 stalk         | 2 stalks        |
| garlic                                 | 2 cloves        | 4 cloves        |
| green olives                           | 1 medium packet | 1 large packet  |
| garlic & herb seasoning                | 1 medium sachet | 1 large sachet  |
| chicken breast                         | 1 small packet  | 1 large packet  |
| Italian herbs                          | 1 medium sachet | 1 large sachet  |
| tomato paste                           | 1 packet        | 2 packets       |
| diced tomatoes with garlic & olive oil | 1 tin           | 2 tins          |
| chicken-style stock powder             | 1 medium sachet | 1 large sachet  |
| <b>brown sugar*</b>                    | ½ tbs           | 1 tbs           |
| <b>water*</b>                          | ¼ cup           | ½ cup           |
| potato                                 | 2               | 4               |
| <b>milk*</b>                           | 2 tbs           | ¼ cup           |
| <b>butter*</b>                         | 50g             | 100g            |
| baby spinach leaves                    | 1 small bag     | 1 medium bag    |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2796kJ (668Cal) | 347kJ (82Cal) |
| Protein (g)      | 45.6g           | 5.7g          |
| Fat, total (g)   | 28.1g           | 3.5g          |
| - saturated (g)  | 15.5g           | 1.9g          |
| Carbohydrate (g) | 52.5g           | 6.5g          |
| - sugars (g)     | 23.6g           | 2.9g          |
| Sodium (mg)      | 1738mg          | 216mg         |

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.

## We're here to help!

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## Get prepped

- Preheat oven to **180°C/160°C fan-forced**.
- Thinly slice **carrot** into half-moons. Thinly slice **celery**.
- Finely chop **garlic**. Roughly chop **green olives**.
- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken breast**, turning to coat.



## Make the mash

- When the stew has **20 minutes** remaining, bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **milk** and 1/2 the **butter**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Cook the chicken & veggies

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until browned, **2-3 minutes** each side. Transfer to a plate (it will finish cooking in step 3!).
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery**, tossing, until slightly softened, **2-3 minutes**.
- Add **Italian herbs**, **tomato paste** and **garlic** and cook until fragrant, **1 minute**.



## Bring it all together

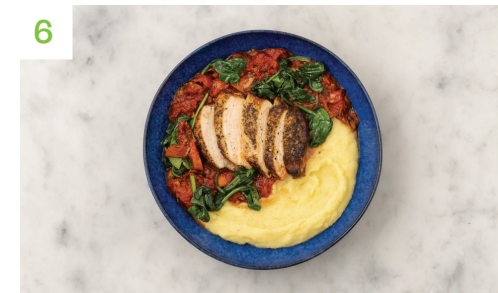
- When the stew is ready, remove from oven.
- Stir through **baby spinach leaves** and remaining **butter** until spinach is wilted.
- Season to taste.



## Bake the stew

- Add **diced tomatoes with garlic & olive oil**, **chicken-style stock powder**, the **brown sugar**, **olives** and the **water** to the pan. Stir to combine.
- Return **chicken** to pan, placing on top of the stew.
- Cover with a lid (or cover tightly with foil). Bake for **20 minutes**.
- Remove **stew** from oven. Uncover, then return to oven to bake until chicken is cooked through (when no longer pink inside), a further **30-35 minutes**.

**TIP:** If you don't have an ovenproof saucepan, bake the stew in a baking dish instead!



## Serve up

- Slice the chicken (or leave unsliced, if you prefer!).
- Divide mash between bowls. Spoon over the slow-cooked chicken cacciatore to serve. Enjoy!

## Rate your recipe

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