

Slow-Cooked Herby Chicken Stew

with Spinach-Potato Mash & Almonds

Grab your Meal Kit
with this symbol



Garlic



Garlic & Herb
Seasoning



Tomato Paste



Potato



Baby Spinach
Leaves



Flaked Almonds



Chicken Thigh



Soffritto Mix



Sticky Meat
Glaze



Chicken Stock
Pot

Prep in: **20-30** mins
Ready in: **60-70** mins



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

In this comforting stew, slow cooking is key for infusing the juicy chicken thighs with the garlic and herb-laced tomato sauce - which has the perfect balance of sweet and savoury flavours thanks to the addition of our sticky meat glaze. The creamy, garlicky mash soaks up the sauce like a treat, all while helping you get your greens in.

Pantry items

Olive Oil, Butter, Milk

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
soffritto mix	1 medium bag	1 large bag
tomato paste	1 packet	2 packets
sticky meat glaze	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)
water*	¾ cup	1 ½ cups
potato	2	4
butter*	20g	40g
baby spinach leaves	1 medium bag	1 large bag
milk*	2 tbs	¼ cup
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545Cal)	396kJ (95Cal)
Protein (g)	43.7g	7.6g
Fat, total (g)	17.9g	3.1g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	47g	8.2g
- sugars (g)	19.1g	3.3g
Sodium (mg)	1428mg	248mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW30



1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**, then set aside.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, tossing to coat.

2



Sear the chicken

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, sear **chicken** until slightly browned, **1-2 minutes** each side.
- Transfer **chicken** to a plate, then set aside.

3



Make it saucy

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix** until softened, **3-4 minutes**.
- Add **tomato paste** and 1/2 the **garlic**. Cook until fragrant, **1 minute**.
- Remove pan from heat, then stir in **sticky meat glaze**, **chicken stock pot** and the **water**, until combined.
- Return **chicken** to pan, turning to coat.

4



Braise the chicken

- Cover saucepan with a lid or tightly with foil.
- Braise in the oven until chicken is cooked through and tender, **40-50 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer the mixture to a baking dish instead!

TIP: Chicken is cooked through when it's no longer pink inside.

5



Make the mash

- When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Cut **potato** into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain cooked **potato**, then transfer to a bowl and set aside.
- Return saucepan to medium-high heat with the **butter**. Cook **baby spinach leaves** and remaining **garlic** until slightly wilted and fragrant, **1 minute**.
- Return **potato** to pan, then add the **milk** and a generous pinch of **salt**. Remove from heat, then mash until smooth.

6



Serve up

- Divide spinach-potato mash between bowls.
- Top with slow-cooked herby chicken stew.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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