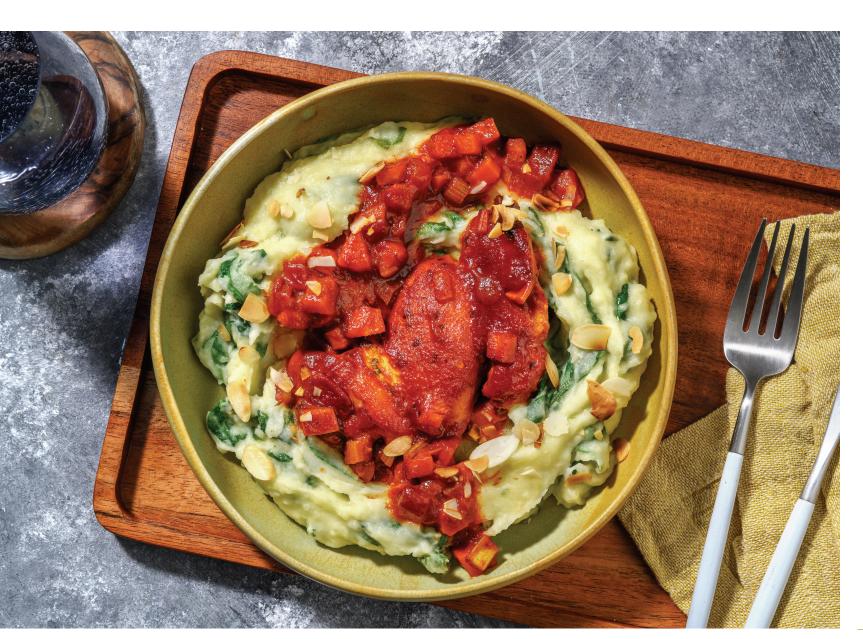


# Slow-Cooked Herby Chicken Stew with Spinach-Potato Mash & Almonds

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Garlic & Herb Seasoning





Tomato Paste





**Baby Spinach** 



Leaves

Flaked Almonds



Chicken Thigh





Sticky Meat Glaze



Chicken Stock

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

Calorie Smart



Eat Me Early



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 oven proof saucepan with a lid (or foil)  $\cdot$  Medium saucepan

## Ingredients

9		
	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	⅓ cup
flaked almonds	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545Cal)	<b>396kJ</b> (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.



# 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.



#### 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.



## 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.



#### 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.



### 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.



## Serve up

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

#### Rate your recipe

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