



Slow-Cooked Herby Chicken Stew

with Spinach-Potato Mash & Almonds

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Chicken Thigh



Soffritto Mix



Tomato Paste



Garlic Paste



Sweet & Savoury Glaze



Chicken Stock Pot



Potato



Baby Spinach Leaves



Flaked Almonds



Chicken Thigh

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



Calorie Smart*
**Custom recipe is not 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 sweet & savoury glaze. The creamy, garlicky mash soaks up the sauce like a treat, all while helping you get your greens in.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 & 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	1 packet
garlic paste	1 packet	2 packets
sweet & savoury glaze	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	2 packets (40g)
water*	¾ cup	1½ 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
chicken thigh**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	398kJ (95Cal)
Protein (g)	40.5g	7g
Fat, total (g)	21.5g	3.7g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	44.5g	7.7g
- sugars (g)	20g	3.5g
Sodium (mg)	1503mg	260mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	422kJ (101Cal)
Protein (g)	70.8g	9.5g
Fat, total (g)	30g	4g
- saturated (g)	10.9g	1.5g
Carbohydrate (g)	44.5g	6g
- sugars (g)	20g	2.7g
Sodium (mg)	1604mg	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 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



1



Get prepped

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

Custom Recipe: If you've doubled your chicken thigh, follow instructions as above.

4



Braise the chicken

- Cover saucepan with a lid or tightly with foil.
- Braise in the oven until **chicken** is cooked through (when no longer pink inside) and tender, **40-50 minutes**.

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

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 (it will finish cooking in step 4!).
- Transfer **chicken** to a plate, then set aside.

Custom Recipe: Cook chicken in batches for the best results.

5



Make the garlic-spinach mash

- When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut 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 paste** 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.

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

3



Make it saucy

- Return ovenproof saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Stir in **tomato paste** and half the **garlic paste**. Cook until fragrant, **1 minute**.
- Remove pan from heat, then stir in **sweet & savoury glaze**, **chicken stock pot** and the **water**, until combined.
- Return **chicken** to pan, turning to coat.

6



Serve up

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

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