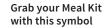
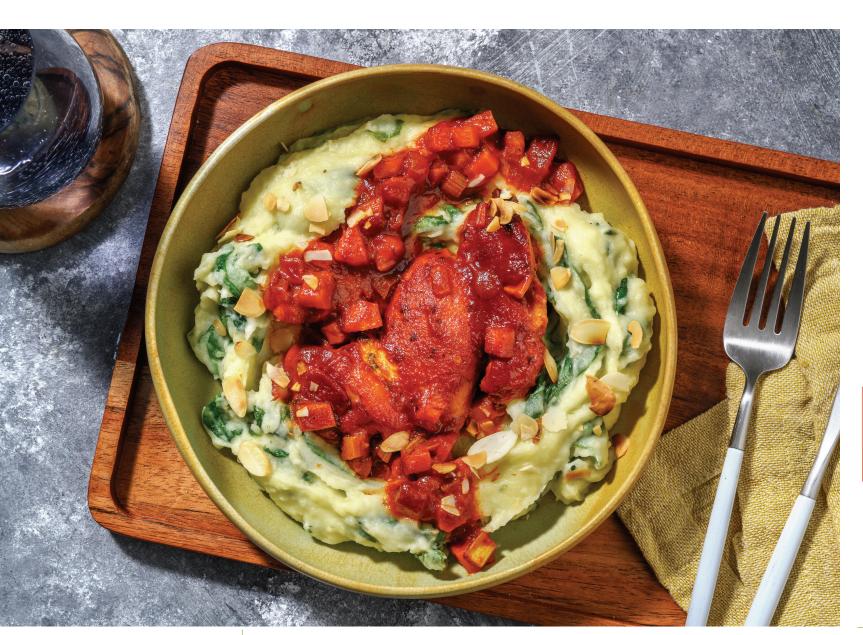


# Slow-Cooked Herby Chicken Stew

with Spinach-Potato Mash & Almonds









Seasoning





Soffritto Mix



Tomato Paste





Sweet & Savoury

Garlic Paste



Chicken Stock





**Baby Spinach** Leaves



Flaked Almonds



**Pantry items** 

Olive Oil, Butter, Milk

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

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.

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

# Ingredients

in ign concince				
	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		
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<sup>\*</sup>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

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# 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.



## 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.



# 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.



# 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!



# 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.



# Serve up

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



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate