



Hearty Chicken Stew

with potatoes and pesto

Calorie Smart 20-25 mins

11



Diced Chicken Breast



Paprika



Potatoes



Carrot



Parsley



Green Pesto



Creme Fraiche



Chicken Stock



Dried Oregano



Onion

Pantry Items: Water, Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Paprika	1 sachet	2 sachets
Potatoes	2 units	4 units
Carrot	2 units	4 units
Parsley	5 g	10 g
Green Pesto	1 sachet	2 sachets
Creme Fraiche	65 g	125 g
Chicken Stock	2 sachets	4 sachets
Dried Oregano	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	610 g	100 g
Energy (kJ/kcal)	2648.5 kJ/ 633 kcal	434.2 kJ/ 103.8 kcal
Fat (g)	26.7 g	4.4 g
Sat. Fat (g)	8.1 g	1.3 g
Carbohydrate (g)	64.4 g	10.6 g
Sugars (g)	15.1 g	2.5 g
Protein (g)	37 g	6.1 g
Salt (g)	5.5 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Chop the **potatoes** into 1cm chunks (peeling optional).
- Peel the **carrot** and cut diagonally into ½ cm thick slices.
- Halve, peel and thinly slice the **onion**.



Simmer the Stew

- Pour 400ml **water** (double for 4p) into the pot along with the **chicken stock powder**.
- Bring to the boil, add the **potatoes** and cover with the lid.
- Cook until the **potatoes** are just fork tender and **chicken** is cooked through, 10-12 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Brown the Chicken

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and fry until lightly browned, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **oregano, paprika, salt** and **pepper** then cook for 1 min more.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Finishing Touches

- Lower the heat and stir the **pesto** and **creme fraiche** into the stew.
- Allow to warm through, 1-2 mins.
- Season to taste with **salt** and **pepper**.



Add the Veg

- Add the **carrot** and **onion** to the pot.
- Season with **salt** and **pepper**.
- Cook, stirring, until slightly softened, 2-3 mins.



Garnish and Serve

- Serve hearty helpings of **chicken** stew in deep plates or bowls.
- Roughly chop the **parsley** and sprinkle over the stew.

Enjoy!