



Chicken in Tomato Mushroom Sauce with creamy mashed potato

Calorie Smart 30-35 mins

20



Chicken Breast



Garlic



Chicken Stock



Rosemary



Parsley



Mushrooms



Passata



Potatoes



Shallot

Pantry Items: Oil, Salt, Pepper, Water, Butter, Milk (Optional), Sugar



Rate your recipe!

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

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Garlic	2 units	4 units
Chicken Stock	1 sachet	2 sachets
Rosemary	5 g	10 g
Parsley	5 g	10 g
Mushrooms	250 g	500 g
Passata	1 pack	2 packs
Potatoes	3 units	6 units
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	722 g	100 g
Energy (kJ/kcal)	2556.4 kJ/ 611 kcal	354.1 kJ/ 84.6 kcal
Fat (g)	12.4 g	1.7 g
Sat. Fat (g)	2.8 g	0.4 g
Carbohydrate (g)	78.4 g	10.9 g
Sugars (g)	15.5 g	2.1 g
Protein (g)	44.8 g	6.2 g
Salt (g)	3.6 g	0.5 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.

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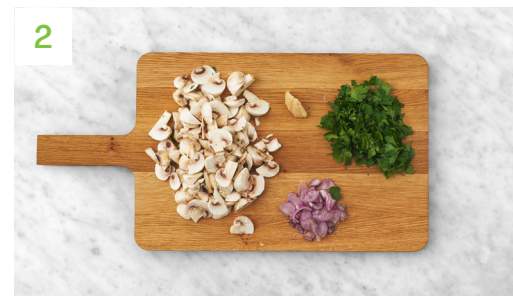
Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Once boiling, add the **potatoes** to the **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season to taste with **salt** and **pepper** and cover to keep warm.



Soften the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **shallot, mushrooms** and **garlic**.
- Fry until softened, stirring occasionally, 4-5 mins.
- Season with **salt** and **pepper**.



Get Prepped

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley**.
- Roughly chop the **mushrooms**.
- Place a hand flat on top of the **chicken**. Slice through horizontally to make two thin **steaks**.
IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



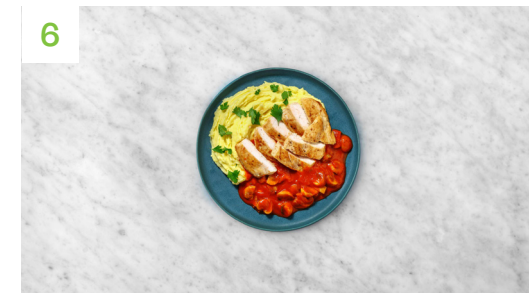
Simmer the Sauce

- Add the **passata, half the rosemary leaves** (double for 4p) and **stock powder** to the pan.
- Pour in 50ml **water** and ½ tsp **sugar** (double both for 4p).
- Simmer until thickened slightly, 6-7 mins.
- Season to taste with **salt, pepper** and **sugar**.
- Stir through a knob of **butter**.



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** until browned all over, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.
- Once cooked, remove from the pan and cover to keep warm.



Finish and Serve

- Divide the creamy mash between plates.
- Top with the **chicken steaks**.
- Pour over the rich **mushroom sauce**.
- Finish with a sprinkling of chopped **parsley**.

Enjoy!