

Chicken in Creamy Mushroom Sauce

with softened leeks and fluffy rice

Quick Cook 20 – 25 mins

18



Diced Chicken Breast



Mushrooms



Leek



Rice



Dried Oregano



Chicken Stock



Creme Fraiche



Mustard



Worcester Sauce

Pantry Items: Oil, Salt, Pepper, Water



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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
Mushrooms	250 g	500 g
Leek	1 unit	2 units
Rice	150 g	300 g
Dried Oregano	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Crema Fraiche	110 g	220 g
Mustard	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	502 g	100 g
Energy (kJ/kcal)	2894 kJ/ 692 kcal	576 kJ/ 138 kcal
Fat (g)	19.3 g	3.8 g
Sat. Fat (g)	9.6 g	1.9 g
Carbohydrate (g)	79.7 g	15.9 g
Sugars (g)	8.2 g	1.6 g
Protein (g)	42.9 g	8.5 g
Salt (g)	1.8 g	0.4 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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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Brown the Chicken

- Once the pan is hot, add the **chicken**.
- Season with **salt** and **pepper**.
- Fry until golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

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!



Get prepped

- Meanwhile, clean the **mushrooms** with kitchen paper and roughly chop.
- Remove the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways.



Simmer the Sauce

- Add the **mushrooms, leek, oregano, stock** and **creme fraiche** to the pan.
- Cook, stirring until the sauce has reduced slightly, 3-4 mins.
- Stir through the **mustard** and **Worcester sauce**.
- Season to taste with **salt** and **pepper**.

TIP: Add a splash of water if you feel the sauce is too thick.



Fry the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **mushrooms** and **leek**, stirring occasionally, 4-6 mins.
- Season with **salt** and **pepper**. Remove from the pan and set aside.
- Give the pan a quick wipe then return to medium-high heat with a drizzle of **oil** (if necessary).



Finish and Serve

- Fluff up the **rice** with a fork divide between plates.
- Place the **chicken** and creamy **mushroom** sauce on top.

Enjoy!