



# Chicken in Creamy Mushroom Sauce with basmati rice

Classic Quick Cook 25-30 mins

3



Chicken Breast



Creme Fraiche



Chicken Stock



Basmati Rice



Dried Oregano



Mushroom



Leek



Pantry Items: Oil, Salt, Pepper, Water



## Before you start

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

## Cooking tools you will need

Lid, Pot, Sieve, Pan with Lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Crema Fraiche	125 g	250 g
Chicken Stock	1 sachet	2 sachets
Basmati Rice	150 g	300 g
Dried Oregano	1 sachet	2 sachets
Mushroom	250 g	500 g
Leek	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	587 g	100 g
Energy (kJ/kcal)	3249 kJ/ 776 kcal	619 kJ/ 148 kcal
Fat (g)	30 g	5.9 g
Sat. Fat (g)	1.6 g	0.3 g
Carbohydrate (g)	79.9 g	13.6 g
Sugars (g)	7.1 g	1.2 g
Protein (g)	49.1 g	8.4 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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### Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Stir in the **chicken stock** and mix well.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot. Cover with a lid and leave to the side until ready to serve.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Get prepped

- Clean the **mushrooms** with kitchen paper and cut them into quarters.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.



### Fry the Veg

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- When hot, fry the **mushrooms** and **leek** for 4-6 mins, stirring occasionally.
- Season with **salt** and **pepper**.
- Remove from the pan and set aside.



### Brown the Chicken

- Sprinkle both sides of the **chicken breast** with **oregano**, **salt** and **pepper**.
- Heat a drizzle of **oil** in the (now empty) pan and brown the **chicken** on all sides for 3-5 mins. It shouldn't be fully cooked at this point.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



### Cook the Sauce

- Add the **mushrooms**, **leek**, **crema fraiche** and 75ml **water** (double for 4p) to the pan.
- Cover and cook for 2-6 mins, or until the **chicken** is no longer pink in the middle.
- Remove the lid and cook for another 4 mins or until the sauce has reduced.
- Season to taste with **salt** and **pepper**.



### Finish and Serve

- Divide the **rice** between plates and place the **chicken** on top.
- Cover with the **mushroom** sauce.

**Enjoy!**