



Chicken and Mushroom Crumble

with Basmati Rice

RAPID 20 Minutes • 1.5 of your 5 a day

N° 14



Basmati Rice



Diced Chicken Thigh



Leek



Grated Hard Italian Cheese



Panko Breadcrumbs



Sliced Mushrooms



Crème Fraîche



Chicken Stock Powder

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Diced Chicken Thigh**	280g	420g	560g
Leek**	1	1½	2
Grated Hard Italian Cheese 7) 8)**	1 bag	1½ bags	2 bags
Panko Breadcrumbs 13)	25g	35g	50g
Oil for the Breadcrumbs*	1½ tbsp	2 tbsp	3 tbsp
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Crème Fraîche 7)**	150g	225g	300g
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	490g	100g
Energy (kJ/kcal)	3713 /888	758 /181
Fat (g)	48	10
Sat. Fat (g)	19	4
Carbohydrate (g)	77	16
Sugars (g)	5	1
Protein (g)	47	10
Salt (g)	1.42	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 10-12 mins.

c) Drain in a sieve.



2. Cook the Chicken

a) Meanwhile, heat a drizzle of **oil** in a large (preferably ovenproof) frying pan on medium-high heat.

b) Once hot, add the **chicken** and season with **salt** and **pepper**.

c) Cook until golden on the outside, 3-5 mins. Stir occasionally.



3. Prep

a) While the chicken cooks, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.

b) Pop the **cheese** and **breadcrumbs** in a bowl and add the **oil** (see ingredient list for amount), stir well.



4. Cook the Veg

a) Preheat your grill to high. Once the **chicken** is browned, add the **leek** and **sliced mushrooms** to the pan. **TIP:** Add a splash more oil if needed.

b) Cook until the **mushrooms** have browned and the **leek** has softened, 4-5 mins. Stir occasionally.



5. Grill

a) Once the **veggies** are soft and **chicken** is cooked, stir in the **creme fraiche** and **chicken stock powder**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

b) Bring to a boil and simmer for a minute. Taste and add **salt** and **pepper** if you feel it needs it. If your pan isn't ovenproof, pop in an ovenproof dish now.

c) Sprinkle over the **cheesy breadcrumbs** and then grill until golden, 2-3 mins.



6. Finish and Serve

a) Fluff up the **rice** with a fork.

b) Serve in bowls with the **chicken crumble** on top.

Enjoy!