Chicken in Creamy Mushroom Sauce

with basmati rice

Family Quick Cook 25-30 mins • Eat me first

6

Chicken Breast

Leek

Cream

Basmati Rice

Dried Oregano

Mushrooms

Chicken Stock

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
Leek	1 unit	2 units
Cream	250 g	500 g
Basmati Rice	150 g	300 g
Dried Oregano	1 sachet	2 sachets
Mushrooms	250 g	500 g
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	**587 g**	**100 g**
Energy (kJ/kcal)	4214.5 kJ/ 1007.3 kcal	718 kJ/ 171.6 kcal
Fat (g)	53.5 g	9.1 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.

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1

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.*

2

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.

3

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.

4

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.

5

Cook the Sauce

- Add the **mushrooms**, **leek** and **cream** 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**.

6

Finish and Serve

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

Enjoy!