



More Than Food
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Classic Chicken and Mushroom Pie with Honey Glazed Carrots

Chicken and mushroom pie with a creamy mash topping sounds like a meal worth rushing home for! We've given this classic dish a HelloFresh spin with roasted, honey glazed chantenay carrots. These beautifully coloured carrots are not only delicious, they are packed full of vitamins and phytonutrients, which gives them their glorious hue! It's also the reason we made them our Veggie of the Month!



50 mins



1 of your
5 a day



healthy



family box



Red Potato (700g)



Garlic Clove (1)



Chicken Thigh (6)



Leek (1)



Tarragon (¼ bunch)



Button
Mushrooms
(1 punnet)



Chicken Stock Pot (1)



Crème Fraîche
(1 pot)



Thyme
(½ bunch)



Bay Leaf (1)



Mixed Chantenay
Carrots (500g)



Honey
(2 tbsp)

4 PEOPLE INGREDIENTS

- Red Potato, chopped **700g**
- Garlic Clove **1**
- Chicken Thigh **6**
- Leek **1**
- Tarragon **¼ bunch**
- Button Mushrooms **1 punnet**
- Chicken Stock Pot **1**
- Crème Fraîche **1 pot**
- Thyme **½ bunch**
- Bay Leaf **1**
- Mixed Chantenay Carrots **500g**
- Honey **2 tbsp**

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	519 kcal / 2170 kJ	27 g	14 g	40 g	13 g	12 g	2 g
Per 100g	104 kcal / 435 kJ	5 g	3 g	8 g	3 g	2 g	0 g

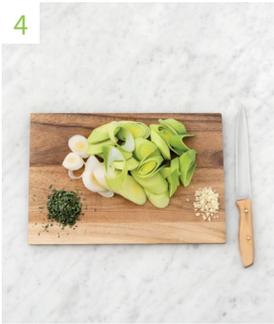
 Our fruit and veggies may need a little wash before cooking!

Did you know...

100g of carrots provide more than 100% of your daily requirement of vitamin A.

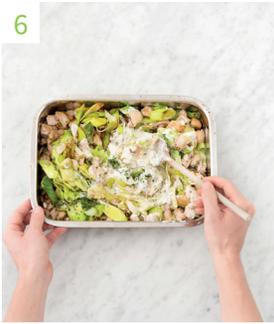
Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

4



1 Preheat your oven to 200 degrees. Boil a large pot of water with a good pinch of **salt**. Roughly chop the **red potato** (no need to peel!) into 2cm chunks. Add your **potato** to the pot and simmer for 15-20 mins until you can easily slip a knife through, then drain. Mash your **potato** with a good pinch of **salt**, a grind of **black pepper** and a hearty knob of **butter** (if you have some), cover and set aside for later.

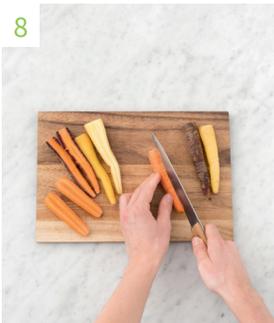
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2 Peel and grate the **garlic** (or use a garlic press if you have one). Chop the **chicken** into bite-sized pieces.

3 Add a splash of **oil** to a large frying pan over medium heat and add your **chicken**. Cook for 10 mins until nicely browned on the outside. Add your **garlic** and a pinch of **salt**, sauté for 1 minute, then remove from the pan and pop in a large ovenproof dish (the size of a laptop would be perfect!).

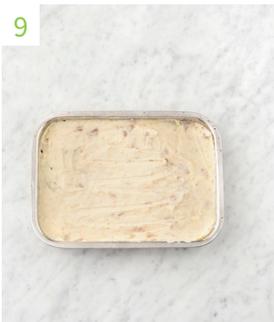
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4 While your chicken is cooking, cut the ends off the **leek** and slice into 1cm wide rounds then roughly chop the **tarragon**. There is no need to chop the **button mushrooms**, unless you have any gigantic ones!

5 Once you have transferred your **chicken** to your dish, add a splash of **oil** to the same frying pan (no need to wash) and cook your **mushrooms** for 3 mins over medium heat. Now add your **leek** and cook for a further 6 mins or until everything is nicely browned and starting to soften. Remove the pan from the heat and add your **mushroom and leek mixture** to your dish.

9



6 Add the **chicken stock pot**, **crème fraîche** and **tarragon** to your dish and stir everything together. Carefully fold in the **thyme sprigs** (we are adding these whole to save time!) and the **bay leaf**. **Tip:** Careful not to eat them later!

7 Cut the tops off the **carrots** then slice your **white** and **purple carrots** in half lengthways (no need to peel). Slice your **orange carrots** into four strips if they are a bit thicker. Place them on a baking tray with a drizzle of **olive oil** and the **honey**. Sprinkle over some **salt** and **black pepper** and mix together. Pop in your oven on the bottom shelf for 25-30 mins.

8 Cover your **creamy chicken mixture** with your **mashed potato**. Top with a drizzle of **oil**, a grind of **black pepper** and pinch of **salt**. Pop your dish on the top shelf of your oven for 25 mins, until nice and golden.

9 Serve your **chicken and mushroom pie** with a good helping of **honey glazed carrots** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!