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Creamy Chicken with Sweet Corn & Potato Mash

There's no need to reinvent the wheel when sweet corn and fluffy mashed potato make such perfect bedfellows in this recipe. These creamy chicken thighs are full of subtle, comforting flavours. Best served as soon as possible as the warm, wafting aroma rises gently towards you.



Prep: 20 mins

Cook: 30 mins

Total: 50 mins



level 1



high fibre



eat me early

Pantry Items



Butter



Olive Oil



Hot Water



Milk



Plain Flour



Dijon Mustard



Potatoes



Free Range
Chicken Thighs



Brown Onion



Carrot



Corn



Garlic



Baby Spinach



Chicken Stock Cube



Parsley



Parmesan Cheese

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2P	4P	Ingredients	
400 g	800 g	potatoes, peeled & cut into 2 cm chunks	
1 tbs	2 tbs	butter *	
2 tsp	4 tsp	olive oil *	
1 packet	2 packets	free range chicken thighs, fat trimmed & diced	
½	1	brown onion, halved & thinly sliced	⊕
1	2	carrot, peeled & finely diced	
1 cob	2 cobs	corn, husked & kernels removed	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 bag	2 bag	baby spinach, washed	
1 cube	2 cubes	chicken stock, crumbled	
2 tbs	4 tbs	hot water *	
½ cup	1 cup	milk *	
1 tbs	2 tbs	plain flour *	
1 tbs	2 tbs	Dijon mustard *	
½ bunch	1 bunches	parsley, finely chopped	⊕
½ block	1 block	Parmesan cheese, finely grated	⊕

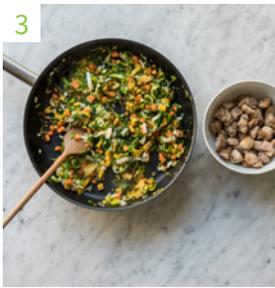
⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2840	Kj
Protein	50.9	g
Fat, total	27.1	g
-saturated	10.7	g
Carbohydrate	51.9	g
-sugars	14.3	g
Sodium	817	mg



You will need: vegetable peeler, chef's knife, chopping board, garlic crusher, fine grater, baking dish or individual ovenproof ramekins, large saucepan, colander, potato masher or fork, medium frying pan, wooden spoon, bowl, paper towel, small jug, whisk and fork.

1 Preheat the grill to a medium-high heat. Grease a baking dish or individual ovenproof ramekins.

2 Place the **potato** in a large saucepan of water, bring to the boil and cook for **20 minutes** or until tender. Drain. Add half of the **butter** and season with **salt** and **pepper**. Using a potato masher or fork, mash the potato until you reach a chunky and firm consistency.

3 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Transfer the chicken to a bowl and set aside. Place the same pan back over a medium-high heat. Add the **brown onion**, **carrot** and **corn** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and cook, stirring, for **1 minute**, or until fragrant. Add the **baby spinach** and stir through until wilted. Transfer to the same bowl as the chicken. Wipe the pan clean with a paper towel.

4 In a small jug combine the **chicken stock cube**, **hot water** and **milk**. Melt the remaining butter in the same frying pan over a medium heat. Stir in the **plain flour** and cook, stirring, for **1 minute**. Slowly whisk in the stock mixture. Cook, stirring, for **5 minutes** or until the sauce thickens. Stir through the **Dijon mustard**. Season with salt and pepper. Stir through the **parsley** and the chicken and vegetable mixture. Transfer the mixture to the baking dish or individual ovenproof ramekins.

5 Top with the mashed potato and roughen up with a fork. Sprinkle with the **Parmesan cheese**. Cook under the grill for **5-10 minutes**, or until golden.

6 To serve, remove from the oven and divide between plates.