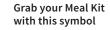


Slow-Cooked Chicken Cacciatore

with Mash, Olives & Baby Spinach

WINTER WARMERS











Thyme



Pitted Mixed

Garlic & Herb





Seasoning

Chicken Breast





Chicken-Style Stock Powder





Baby Spinach Leaves

Potato



Prep in: 20-30 mins Ready in: 1 hr 20 mins-1 hr 30 mins

*Custom recipe is not Calorie Smart

Calorie Smart*



It's always nice to slow down once in a while and this slow-cooked chicken is perfect for doing just that. The chicken is baked to absorb the mouth-watering taste of tomato, olives and thyme. Make a fluffy mash to serve alongside it and we promise this dish will be worth the wait.



Olive Oil, Brown Sugar, Milk, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large ovenproof pan with a lid · Large saucepan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
thyme	1 bag	2 bags
garlic	2 cloves	4 cloves
pitted mixed olives	1/4 packet	½ packet
garlic & herb seasoning	1 sachet	1 sachet
chicken breast	1 packet	1 packet
crushed & sieved tomatoes	1 tin	2 tins
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
water*	½ cup	1 cup
potato	2	4
milk*	2 tbs	1/4 cup
butter*	40g	80g
baby spinach leaves	1 small bag	1 medium bag
mild chorizo**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	358kJ (86Cal)
Protein (g)	42.3g	5.6g
Fat, total (g)	28g	3.7g
- saturated (g)	13.3g	1.8g
Carbohydrate (g)	53.7g	7.1g
- sugars (g)	26.7g	3.5g
Sodium (mg)	1858mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3974kJ (950Cal)	466kJ (111Cal)
Protein (g)	60.4g	7.1g
Fat, total (g)	53.3g	6.3g
- saturated (g)	23g	2.7g
Carbohydrate (g)	55.7g	6.5g
- sugars (g)	26.7g	3.1g
Sodium (mg)	2748mg	322mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Preheat oven to 180°C/160°C fan-forced.
- Thinly slice carrot into half-moons. Thinly slice celery. Pick thyme leaves.
- Finely chop garlic. Roughly chop pitted mixed olives (see ingredients).
- In a medium bowl, combine garlic & herb seasoning, a drizzle of olive oil and a pinch of salt and pepper. Add chicken breast, turning to coat.



Cook the chicken & veggies

- In a large ovenproof pan, heat a drizzle of olive oil over high heat. Cook chicken until browned,
 2-3 minutes each side. Transfer to a plate (it will finish cooking in step 3!).
- Return the pan to medium-high heat with a drizzle of olive oil. Cook carrot and celery, tossing, until slightly softened, 2-3 minutes.
- Add thyme and garlic and cook until fragrant,
 1 minute.

Custom Recipe: If you've added chorizo to your meal, cut chorizo into 1cm chunks. Before cooking the chicken, heat a large frying pan over medium-high heat with a drizzle of olive oil. Add chorizo and cook until browned, 4-5 minutes. Transfer to a plate.



Bake the stew

- To the pan with the veggies, add crushed & sieved tomatoes, chicken-style stock powder, the brown sugar, olives and the water. Stir to combine.
- Return chicken to the pan, placing on top of the stew
- Cover with a lid (or cover tightly with foil). Bake for 20 minutes.
- Remove stew from oven. Uncover, then return to the oven and bake until chicken is cooked through (when no longer pink inside), a further 20-25 minutes.

TIP: If you don't have an ovenproof pan, bake the stew in a baking dish instead!



Make the mash

- When the stew has 20 minutes remaining, boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of salt.
- Peel potato and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the milk and half the butter to the potato, then season with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Bring it all together

- When the stew is ready, remove from oven.
- Stir through baby spinach leaves and remaining butter, until spinach is wilted.
- · Season to taste.

TIP: Add a splash of water if the sauce mixture looks too thick.

Custom Recipe: Stir the chorizo through the stew with the baby spinach and butter. Season.



Serve up

- · Slice the chicken.
- · Divide mash between bowls.
- Top with slow-cooked chicken cacciatore to serve. Enjoy!



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