



Slow-Cooked Chicken Cacciatore

with Mash, Olives & Baby Spinach

WINTER WARMERS

Grab your Meal Kit with this symbol



Carrot



Celery



Thyme



Garlic



Pitted Mixed Olives



Garlic & Herb Seasoning



Chicken Breast



Crushed & Sieved Tomatoes



Chicken-Style Stock Powder



Potato



Baby Spinach Leaves



Mild Chorizo

Prep in: 20-30 mins
Ready in: 1 hr 20 mins-1 hr 30 mins Eat Me Early

Calorie Smart*
**Custom recipe is not 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

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

	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	¼ 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	¼ 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](https://www.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

2023 | CW24



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.



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.



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.



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.



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!



Serve up

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

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