



Golden Chicken & Mushroom Gravy

with Potato Fries & Apple Salad

NEW

Grab your meal kit with this number

4



Potato



Button Mushrooms



Apple



Chicken Thigh



Nan's Special Seasoning



Panko Breadcrumbs



Gravy Granules



Mixed Salad Leaves



Shredded Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Eat Me Early

Say hello to comfort food with a tasty twist! Tonights chicken is crispy on the outside and tender on the inside, served with a rich, savoury mushroom gravy that's perfect for slathering all over. Add golden potato fries for that extra crunch and a refreshing apple salad to brighten up the plate—this meal is all about flavour-packed fun!

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
button mushrooms	1 medium packet	1 large packet
apple	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2765kJ (661cal)	286kJ (68cal)
Protein (g)	44.8g	4.6g
Fat, total (g)	26.1g	2.7g
- saturated (g)	6g	0.6g
Carbohydrate (g)	68.9g	7.1g
- sugars (g)	25.5g	2.6g
Sodium (mg)	896mg	92.6mg
Dietary Fibre (g)	7.1g	0.7g

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

- Meanwhile, thinly slice **button mushrooms** and **apple**.
- Place **chicken thigh** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a shallow bowl, combine **Nan's special seasoning**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** first in the **flour mixture**, then into the **egg** and finally in the **breadcrumbs**. Set aside on a plate.

3



Cook the mushrooms

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **mushrooms** and cook until browned and softened, **8-10 minutes**.
- Transfer to a medium bowl and set aside.

4



Cook the chicken

- Wipe out frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **chicken** in batches until golden and cooked through, **3-5 minutes** each side.
- Transfer to a paper towel-lined plate.

TIP: Chicken is cooked through when it's no longer pink inside.

5



Bring it all together

- Boil the kettle.
- To the bowl with the **mushrooms**, add **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- In a large bowl, combine **mixed salad leaves**, **apple**, a drizzle of **vinegar** and **olive oil**. Season to taste.

6



Serve up

- Slice crumbed chicken.
- Divide golden chicken, potato fries and apple salad between plates.
- Serve with mushroom gravy. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ ADD DICED BACON
In the last 5 minutes of cooking time, sprinkle over fries. Cook until golden and crispy.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

