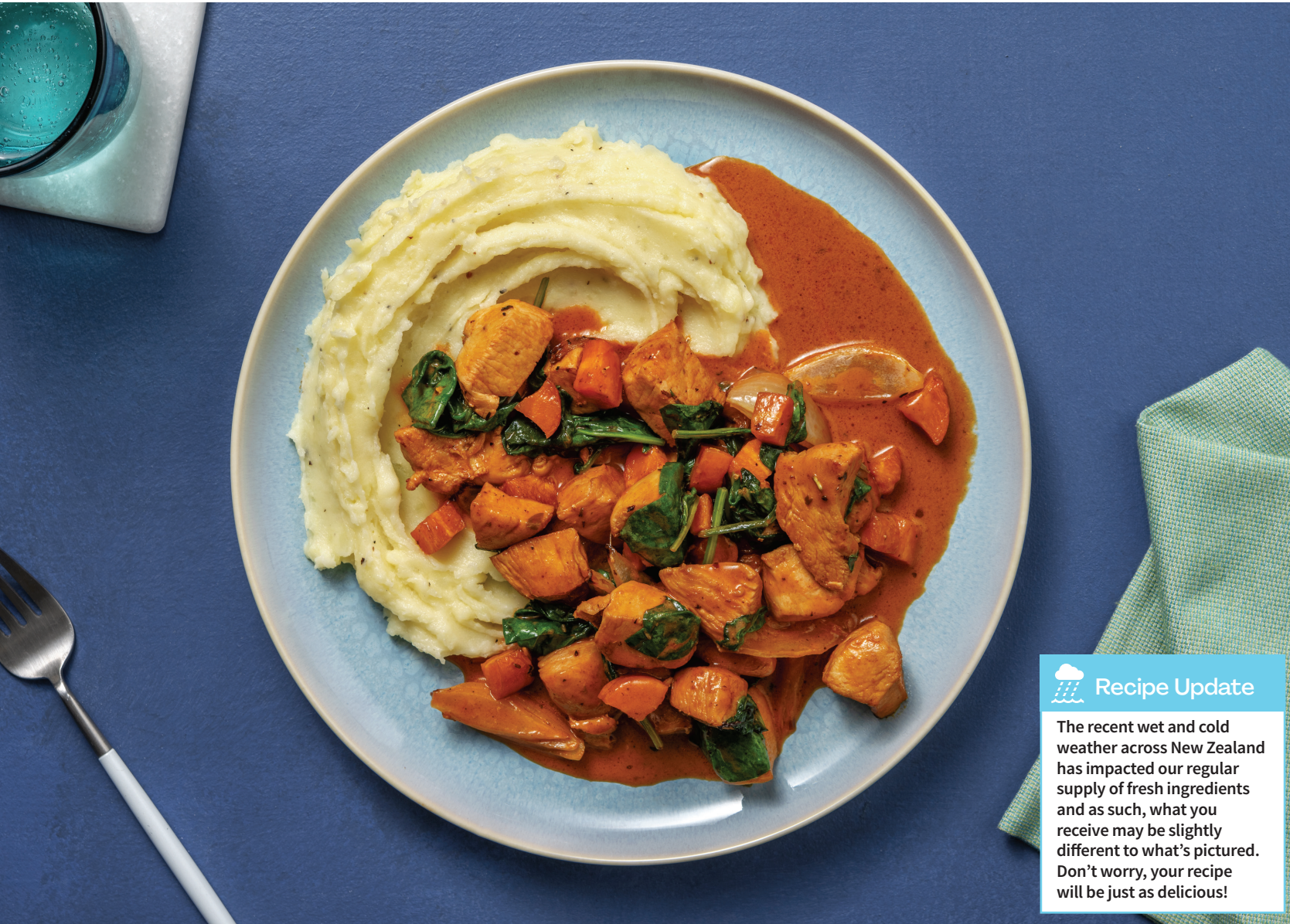


Creamy Mushroom Chicken Casserole

with Potato Mash

Grab your Meal Kit with this symbol



Carrot



Onion



Potato



Garlic & Herb Seasoning



Mushroom Powder



Tomato Paste



Cream



Chicken-Style Stock Powder



Baby Spinach Leaves



Diced Chicken



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early

Mushrooms and veggies and a potato mash come together for dinner to create a warm dish that will brighten up your night. Add a helping of chicken to include that succulent protein and there you have it, the perfect casserole to end the day.

Pantry items

Olive Oil, Milk, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
potato	2	4
milk*	2 tbs	¼ cup
butter* (for the mash)	40g	80g
diced chicken	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
mushroom powder	½ sachet	1 sachet
tomato paste	1 packet	2 packets
butter* (for the sauce)	20g	40g
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3518kJ (841Cal)	542kJ (130Cal)
Protein (g)	43.4g	6.7g
Fat, total (g)	50.4g	7.8g
- saturated (g)	32.1g	4.9g
Carbohydrate (g)	54.1g	8.3g
- sugars (g)	22.8g	3.5g
Sodium (mg)	1335mg	206mg

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **carrot** into bite-sized chunks. Cut **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

Little cooks: Help toss the veggies.



Make the sauce

- Reduce heat to medium-low, then add **garlic & herb seasoning**, **mushroom powder** (see ingredients), **tomato paste** and **butter (for the sauce)** and cook until fragrant, **1-2 minutes**.
- Add **cream** (see ingredients), **chicken-style stock powder** and the **water** and cook until slightly thickened, **2-3 minutes**.



Make the mash

- Half-fill a medium saucepan with boiling water. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **milk** and **butter (for the mash)** to the potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Bring it all together

- Add the **roasted veggies** and **baby spinach leaves** to the sauce, then stir until wilted.



Cook the chicken

- When veggies have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and almost cooked through, **3-4 minutes**.



Serve up

- Divide potato mash between plates.
- Top with creamy mushroom chicken casserole. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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