



# Slow-Cooked Chicken Cacciatore

with Olives, Baby Spinach & Mash

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Kalamata Olives



Mediterranean Seasoning



Chicken Thigh



Soffritto Mix



Tomato Paste



Diced Tomatoes With Garlic & Onion



Chicken-Style Stock Powder



Potato



Baby Spinach Leaves



Chicken Thigh

Prep in: 15-25 mins  
Ready in: 80-90 mins

Eat Me First

Kick off the slow-cooking season with this rustic Italian dish, which starts with browning the chicken breast on the stovetop, before baking it with a garlic, herb and olive-infused tomato sauce - which the hearty mash stands up to perfectly.

**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 saucepan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
kalamata olives	1 packet	2 packets
Mediterranean seasoning	1 medium sachet	2 medium sachets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
soffritto mix	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium packets
diced tomatoes with garlic & onion	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b>	¼ cup	½ cup
potato	2	4
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	50g	100g
baby spinach leaves	1 small packet	1 medium packet
chicken thigh**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2915kJ (697Cal)	386kJ (92Cal)
Protein (g)	41.9g	5.5g
Fat, total (g)	34.9g	4.6g
- saturated (g)	17.1g	2.3g
Carbohydrate (g)	50.4g	6.7g
- sugars (g)	25.2g	3.3g
Sodium (mg)	2631mg	348mg
Dietary Fibre (g)	12.9g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3742kJ (894Cal)	407kJ (97Cal)
Protein (g)	72.3g	7.9g
Fat, total (g)	43.3g	4.7g
- saturated (g)	19.6g	2.1g
Carbohydrate (g)	50.6g	5.5g
- sugars (g)	25.3g	2.7g
Sodium (mg)	2732mg	297mg
Dietary Fibre	12.9g	1.4g

The quantities provided above are averages only

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 & cook the chicken

- Preheat oven to **180°C/160°C fan-forced**.
- Finely chop **garlic**. Roughly chop **kalamata olives**.
- In a medium bowl, combine **Mediterranean seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, turning to coat.
- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat. Cook **chicken** until browned, **2-3 minutes** each side. Transfer to a plate (the chicken will finish cooking in step 2!).

**Custom Recipe:** If you've doubled your chicken thigh, prepare and cook chicken as above.

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## Bring it all together

- When the casserole has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato**, then cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain **potato**, then return to pan. Add the **milk** and half the **butter**. Season generously with **salt**. Mash until smooth. Cover to keep warm.
- When the casserole is ready, remove from oven. Stir through **baby spinach leaves** and remaining **butter**, until spinach is wilted. Season to taste.

2



## Bake the casserole

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **soffritto mix**, tossing, until slightly softened, **4-5 minutes**.
- Add **tomato paste** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Stir in **diced tomatoes with garlic & onion**, **chicken-style stock powder**, the **brown sugar**, **olives** and **water**. Return **chicken** to pan, placing on top of the casserole. Cover with a lid (or cover tightly with foil). Bake for **20 minutes**.
- Remove pan from oven. Uncover, then return to oven to bake until chicken is cooked through (when no longer pink inside), a further **30-35 minutes**.

**TIP:** If you don't have an ovenproof saucepan, bake the casserole in a baking dish instead. Cover tightly with foil for the first 20 minutes.

4



## Serve up

- Slice chicken (if preferred).
- Divide mash between bowls and top with slow-cooked chicken cacciatore to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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