

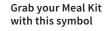
Slow-Cooked Chicken Cacciatore

with Olives, Baby Spinach & Mash

NEW

KID FRIENDLY

CLIMATE SUPERSTAR









Kalamata Olives



Mediterranean Seasoning

Chicken Thigh





Soffritto Mix

Tomato Paste



Diced Tomatoes



Chicken-Style

Stock Powder

With Garlic & Onion





Potato

Baby Spinach Leaves





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

Kick off the slow-cooking season with this rustic Italian dish, which starts with browning the chicken breast on the stovetop,



Eat Me First

before baking it with a garlic, herb and olive-infused tomato sauce - which the hearty mash stands up to perfectly.

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

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	2 People	4 People
olive oil*	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
brown sugar*	½ tbs	1 tbs
water*	1/4 cup	½ cup
potato	2	4
milk*	2 tbs	1/4 cup
butter*	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		

Per Serving Per 100g 3742kJ (894Cal) Energy (kJ) 407kJ (97Cal) Protein (g) 72.3g 7.9g Fat, total (g) 43.3g 4.7g 19.6g - saturated (g) 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 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





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.



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.



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.



Serve up

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

Rate your recipe

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