



Slow-Cooked Smokey Chicken Stew

with Spinach-Potato Mash

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Spring Onion



Garlic & Herb Seasoning



Chicken Thigh



Soffritto Mix



Tomato Paste



Garlic Paste



Sweet & Savoury Glaze



Chicken Stock Pot



Potato



Baby Spinach Leaves



Chicken Thigh

Prep in: 15-25 mins
Ready in: 60-70 mins

Eat Me First

Calorie Smart*
**Custom recipe is not Calorie Smart*

Kick off the slow-cooking season with this rustic dish, which starts with browning the chicken on the stovetop, before baking it with a garlic, herb and green savoury tomato sauce - which the hearty spinach 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, Butter, Milk

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spring onion	1 stem	2 stems
garlic & herb seasoning	1 medium sachet	1 large sachet
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	1 large packet
garlic paste	1 medium packet	2 medium packets
sweet & savoury glaze	1 medium packet	1 large packet
chicken stock pot	1 packet	2 packets
water*	¾ cup	1½ cups
potato	2	4
butter*	20g	40g
baby spinach leaves	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
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)	2343kJ (560Cal)	401kJ (96Cal)
Protein (g)	39.3g	6.7g
Fat, total (g)	23.7g	4.1g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	43.3g	7.4g
- sugars (g)	19.9g	3.4g
Sodium (mg)	1387mg	237mg
Dietary Fibre (g)	8.3g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3169kJ (757Cal)	423kJ (101Cal)
Protein (g)	69.6g	9.3g
Fat, total (g)	32.1g	4.3g
- saturated (g)	11.4g	1.5g
Carbohydrate (g)	43.5g	5.8g
- sugars (g)	20.1g	2.7g
Sodium (mg)	1488mg	199mg
Dietary Fibre (g)	8.3g	1.1g

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

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **spring onion**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, tossing to coat.

Custom Recipe: If you've doubled your chicken thigh, prepare chicken in a large bowl and cook in batches if your pan is getting crowded.



Braise the chicken

- Cover saucepan with a lid or tightly with foil.
- Braise in the oven until chicken is cooked through (when no longer pink inside) and tender, **40-50 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer the mixture to a baking dish instead!



Sear the chicken

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, sear **chicken** until slightly browned, **1-2 minutes** each side (it will finish cooking in step 4!).
- Transfer **chicken** to a plate, then set aside.



Make the garlic-spinach mash

- When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Roughly chop **baby spinach leaves**.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **cooked potato**, then transfer to a bowl and set aside.
- Return saucepan to medium-high heat with the **butter**. Cook **spinach** and remaining **garlic paste** until slightly wilted and fragrant, **1 minute**.
- Return **potato** to pan, then add the **milk** and a generous pinch of **salt**. Remove from heat, then mash until smooth.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Make it saucy

- Return ovenproof saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **tomato paste** and half the **garlic paste**. Cook until fragrant, **1 minute**.
- Remove pan from heat, then stir in **sweet & savoury glaze**, **chicken stock pot** and the **water**, until combined.
- Return **chicken** to pan, turning to coat.



Serve up

- Divide garlic-spinach mash between bowls.
- Top with slow-cooked herby chicken stew.
- Sprinkle over spring onion to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate