

Chicken in Creamy Garlic Mushroom Sauce

with Broccoli and Cauliflower

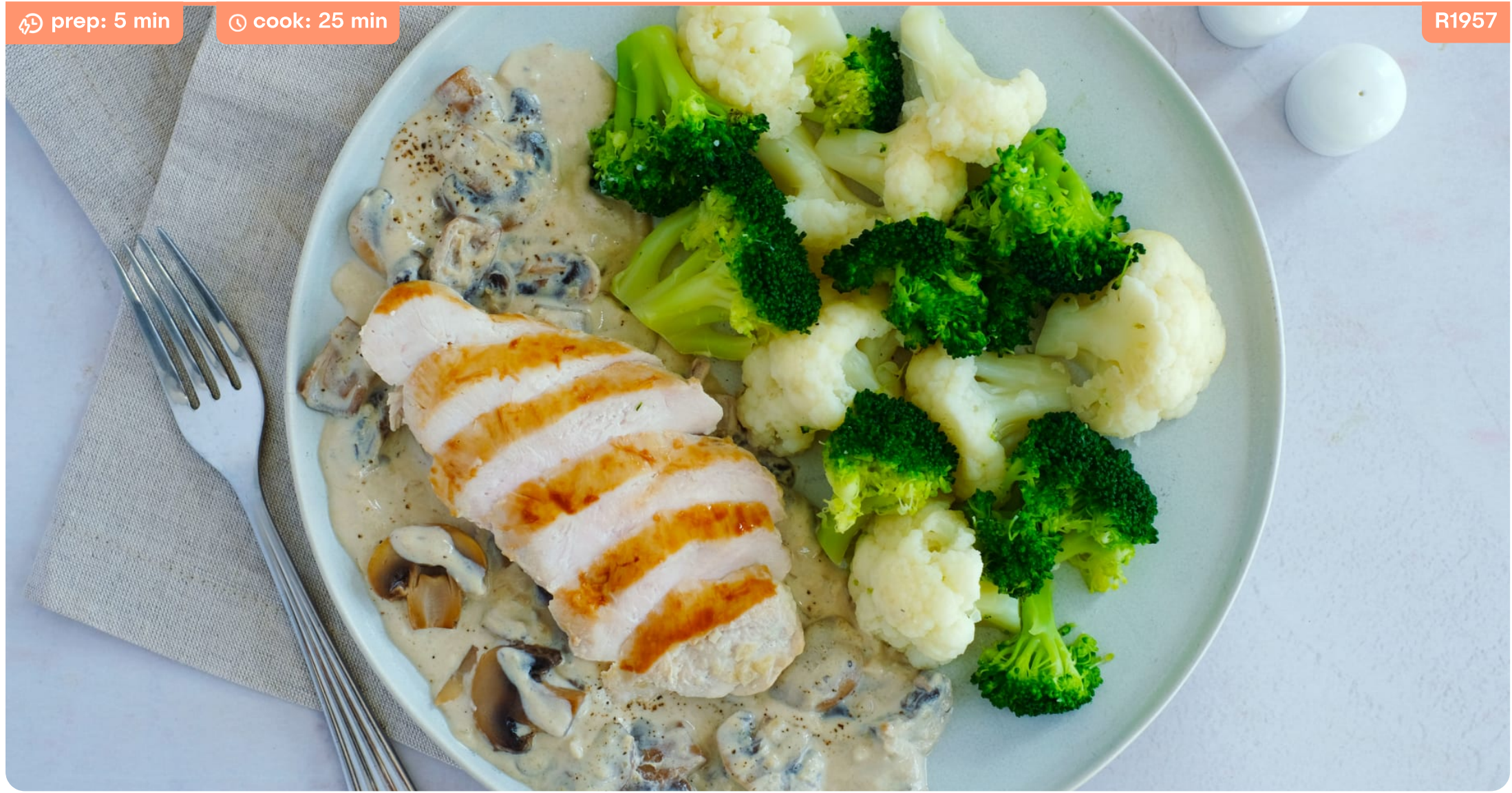
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Garlic, chicken and cream - what's not to like!

Cals 507 • Prot 62 • Carbs 18 • Fat 20

Quick Prep

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Mushroom	250	250	500	Grams
Garlic paste	10	15	20	Grams
Vegetable oil	1	1	2	Tbsp
Cooking cream 4*	100	100	200	ML
Water	100	150	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Parmesan 4*	30	45	60	Grams
Vegetables				
Broccoli	200	300	400	Grams
Cauliflower	200	300	400	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

	Per Serving*
Energy (kJ/kcal)	2112 / 507
Fat (g)	20.3
of which saturates (g)	12.7
Carbohydrate (g)	18
of which sugars (g)	5.9
Fiber (g)	5.5
Protein (g)	61.5
Salt (g)	4.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms**. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken breasts**. Fry for 2-3 min on each side until browned. Transfer the **chicken** to a plate. Reserve the pan.



2 Fry mushrooms

Return the reserved pan to a medium-high heat with another drizzle of **oil**. Fry the **mushrooms** for 7-8 min until browned. Reduce the heat to medium-low and add the **garlic paste**. Fry for 1 min further.

Tip! Fry the mushrooms until well browned. Their flavour will intensify the crispier they become.



3 Simmer sauce

Return the **chicken breasts** to the pan with the {100/100/200} ml **cooking cream**, **measured water**, {0.5/0.5/1} **chicken stock cube**, **salt** and **pepper**. Simmer covered, for 8-10 min until the **chicken** is cooked through.



4 Boil vegetables

Meanwhile, separate the **broccoli** and **cauliflower** into florets. Bring a pot of salted water to the boil. Add the **cauliflower** and cook for 3 min. Add the **broccoli** and cook for 5 min further. Drain. Meanwhile, grate the **Parmesan**.



5 Serve

Once the **chicken** is cooked, add the grated **Parmesan** to the pan. Cook for 2-3 min or until the sauce begins to thicken. If the sauce is too thick add a splash of water. Mix well. Serve the **chicken** and the **sauce** with the **vegetables** to the side.