

Creamy Garlic Chicken Thighs

with Mushrooms and Green Beans

hellóchef

Winner, winner, chicken dinner!

Cals 623 • Prot 72 • Carbs 16 • Fat 29

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🕒 cook: 35 min

R2707

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	
Skin-on, bone-in chicken thighs	600	900	1200	Grams
Mushroom	250	250	500	Grams
Garlic cloves	5	8	10	Piece
Parmesan 4*	30	45	60	Grams
Water	100	100	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	1	1	Tsp
Paprika powder	2	2	4	Grams
Cooking cream 4*	100	200	200	ML
To serve				
Green beans	150	250	375	Grams
Fresh chives	15	15	15	Grams

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)	2602 / 623
Fat (g)	28.9
of which saturates (g)	14.4
Carbohydrate (g)	16
of which sugars (g)	5.1
Fiber (g)	3.8
Protein (g)	72.4
Salt (g)	2.4

*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 or kitchen paper (don't wash them). Quarter the **mushrooms**. Peel and mince the **garlic cloves**. Grate the **Parmesan**. Boil the **measured water** and dissolve the {0.5/1/1} **chicken stock cube** in it.



2 Fry chicken

Heat a pan over a high heat with a drizzle of **oil** (for 3 or 4 people, use two pans). Once hot, add the **chicken thighs** skin-side down with a pinch of **salt**. Fry for 8-10 min until well browned. Flip and cook for 5 min further. Transfer the **chicken** to a plate and return the pan to a medium-high heat.

Tip! Always fry the chicken skin-side down first. The fat from the skin will coat your pan so that the other side doesn't stick to it.



3 Fry mushrooms

Add a drizzle of **oil** to the pan and add the **mushrooms**. Fry for 6 min until browned and starting to crisp. Add the **garlic** and cook for 2 min further.



4 Simmer

Return the fried **chicken** to the pan. Add the **black pepper, paprika, chicken stock** and **cream**. Cover the pan with a lid, reduce the heat to low and simmer for 15 min or until the **chicken** is cooked through. Finally, stir in the grated **Parmesan**.



5 Boil green beans

Meanwhile, trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 4-5 min or until tender. Drain once cooked.



6 Serve

Meanwhile, chop the **chives** finely. Divide the **chicken, garlic mushroom sauce** and **green beans** among plates. Garnish with the chopped **chives**.