

Chicken Breast in Creamy Mushroom Sauce

with Garlic Mashed Potato

hellóchef

Did someone say wholesome low cal supper? Yes please!

Cals 605 • Prot 60 • Carbs 45 • Fat 20

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🕒 cook: 30 min

R3068



Before you start

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

Ingredients

Chicken & mushroom sauce	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Water	100	100	200	ML
Salt	0.5	1	1	Tsp
Mushroom	250	500	500	Grams
Vegetable oil	1	2	2	Tbsp
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Cooking cream 4*	100	200	200	ML
Wholegrain mustard 13*	15	30	30	Grams

Garlic mash

Potatoes	600	900	1200	Grams
Salt	0.5	0.5	1	Tsp
Garlic cloves	2	3	4	Piece
Butter 4*	10	20	20	Grams
Black pepper	0.5	1	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *13 Mustard

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)	2521 / 605
Fat (g)	19.9
of which saturates (g)	12.3
Carbohydrate (g)	45
of which sugars (g)	5.1
Fiber (g)	8.5
Protein (g)	59.7
Salt (g)	2.1

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



1 Mash potato

Peel and chop the **potatoes** into bite-sized pieces. Add them to a pot of boiling water with a generous pinch of **salt** and cook over medium-high heat for 20 min or until soft. Meanwhile, peel and mince the **garlic**. Once soft, drain the **potatoes**. Return the pot to a medium heat. Once hot, add the **butter** and **garlic** and fry for 1 min. Return the **potatoes** to the pot and mash until smooth, gradually adding {50/100/100} of the **cream** until it reaches your desired consistency. Remove from the heat and season with **salt** and **pepper**.



4 Fry mushroom

Return the pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **mushrooms** with a pinch of **salt** and fry for 6-7 min until browned.

Tip! If cooking for kids, reserve some of the mushrooms and keep them plain.



2 Prep

Meanwhile, clean the **mushrooms** with a cloth, knife or brush (don't wash them with water). Roughly chop or tear the **mushrooms**.



5 Simmer

Add {0.5/1/1} **chicken stock cube**, **measured water**, the remaining **cooking cream** and the **wholegrain mustard**. Stir well and return the **chicken** to the pan. Simmer, covered, for 5 min until the **chicken** is cooked through.

Tip! To check if the chicken is cooked, insert a knife into the meat - if the juices run clear, it's ready.



3 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **chicken** with a pinch of **salt** and cook for 3 min on each side until golden. Once golden, transfer the **chicken** onto a plate. The **chicken** does not need to be cooked through at this point. Reserve the pan.

Tip! If cooking for kids, fry a portion of the chicken separately until cooked through and set aside.



6 Serve

Divide the **garlic mashed potato** among plates and serve with the **chicken** and **mushroom sauce** alongside.

Tip! If cooking for kids, slice the chicken into bite-sized pieces. Serve the mash, chicken and plain mushroom separately. Serve the mushroom sauce to the side.