



Chicken & Mushroom Stroganoff

with Potato Mash & Baby Spinach

Grab your Meal Kit
with this symbol



Potato



Garlic



Portabello Mushrooms



Lemon



Garlic & Herb
Seasoning



Tomato Paste



Cream



Baby Spinach
Leaves



Chicken Thigh



Chicken
Breast



Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 30-40 mins
Ready in: 30-40 mins



Eat Me Early

Very few things can beat a dinner that warms you from the inside out. Take this stroganoff, a pillow of golden mashed potato covered with creamy tomato chicken, mushrooms and a squeeze of lemon all together in a bowl. It's a guarantee to leave you feeling full and toasty.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Milk, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	¼ cup
butter*	60g	120g
garlic	2 cloves	4 cloves
portabello mushrooms	1 packet	1 packet
lemon	½	1
chicken thigh	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
cream	½ bottle (125ml)	1 bottle (250ml)
water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	647kJ (155Cal)
Protein (g)	36.8g	6.9g
Fat, total (g)	62.8g	11.7g
- saturated (g)	35.9g	6.7g
Carbohydrate (g)	26.6g	5g
- sugars (g)	13.1g	2.4g
Sodium (mg)	869mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3192kJ (762Cal)	594kJ (141Cal)
Protein (g)	41g	7.6g
Fat, total (g)	53.5g	10g
- saturated (g)	33g	6.1g
Carbohydrate (g)	26.6g	5g
- sugars (g)	13.1g	2.4g
Sodium (mg)	853mg	159mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2022 | CW33



1



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return to saucepan. Add the **milk**, 1/2 the **butter** and a generous pinch of **salt**, then mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

2



Get prepped

- Meanwhile, finely chop **garlic**. Thinly slice **portabello mushrooms**. Slice **lemon** into wedges. Cut **chicken thigh** into 2cm chunks.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

Custom Recipe: Cook chicken breast in the same way as above.

4



Start the sauce

- Return frying pan to high heat with the remaining **butter** and a drizzle of **olive oil**. Cook **mushrooms** until softened, **5-6 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1-2 minutes**.

5



Finish the sauce

- Add **cream** (see ingredients) and the **water** and cook until slightly thickened, **2-3 minutes**.
- Add cooked **chicken**, **baby spinach leaves** and a squeeze of **lemon juice**. Stir to combine and season to taste.

Little cooks: Help out with measuring the cream and water.

6



Serve up

- Divide potato mash between bowls.
- Top with chicken and mushroom stroganoff. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.co.nz/rate