



# Hearty Chicken Stew

with potatoes and pesto

Quick Cook 20-25 mins

18



Diced Chicken Breast



Paprika



Potatoes



Carrot



Parsley



Green Pesto



Creme Fraiche



Chicken Stock



Dried Oregano



Parsnip



Onion

Pantry Items: Water, Oil, Salt, Pepper



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid

## Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Paprika	1 sachet	2 sachets
Potatoes	2 units	4 units
Carrot	1 unit	2 units
Parsley	5 g	10 g
Green Pesto	1 sachet	2 sachets
Crème Fraîche	65 g	110 g
Chicken Stock	2 sachets	4 sachets
Dried Oregano	1 sachet	2 sachets
Parsnip	1 unit	2 units
Onion	1 unit	2 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>610 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2845.1 kJ/ 680 kcal	466.4 kJ/ 111.5 kcal
Fat (g)	27.1 g	4.4 g
Sat. Fat (g)	8.1 g	1.3 g
Carbohydrate (g)	75.6 g	12.4 g
Sugars (g)	16.5 g	2.7 g
Protein (g)	37.5 g	6.1 g
Salt (g)	5.4 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Get Prepped

- Chop the **potatoes** into 1cm chunks (peeling optional).
- Trim the **carrot** and cut diagonally into ½ cm thick slices.
- Trim the **parsnip**, then slice into rounds about 1cm thick.
- Halve, peel and thinly slice the **onion**.
- Roughly chop the **parsley** (stalks and all).



## Simmer the Stew

- Pour 400ml **water** (double for 4p) into the pot along with the **chicken stock powder**.
- Bring to the boil, add the **potatoes** and cover with the lid.
- Cook until the **potatoes** are just fork tender and the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Remove the lid and simmer for final 3-5 min to thicken if required.



## Brown the Chicken

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and fry until lightly browned, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **oregano, paprika, salt** and **pepper** then cook for 1 min more.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



## Finishing Touches

- Lower the heat and stir the **pesto** and **crème fraîche** into the stew.
- Cook, stirring, until warmed through, 1-2 mins.
- Season to taste with **salt** and **pepper**.



## Add the Veg

- Add the **carrot, parsnip** and **onion** to the pot.
- Season with **salt** and **pepper**.
- Cook, stirring, until slightly softened, 2-3 mins.



## Garnish and Serve

- Serve hearty helpings of **chicken** stew in deep plates or bowls.
- Sprinkle the **parsley** over the top.

Enjoy!