



Chicken Stroganoff

with mushrooms and creamy mash

Family Quick Cook 20 – 25 mins

19



Diced Chicken Breast



Mushrooms



Creme Fraiche



Potatoes



Parsley



Paprika



Garlic



Carrot



Stock

Pantry Items: Water, Oil, Salt, Pepper, Butter, Milk (Optional)



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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

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Mushrooms	150 g	250 g
Crema Fraiche	110 g	220 g
Potatoes	600 g	1200 g
Parsley	5 g	10 g
Paprika	2 sachets	4 sachets
Garlic	2 units	4 units
Carrot	1 unit	2 units
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	654.5 g	100 g
Energy (kJ/kcal)	2393.2 kJ/ 572 kcal	365.7 kJ/ 87.4 kcal
Fat (g)	18.1 g	2.8 g
Sat. Fat (g)	9.7 g	1.5 g
Carbohydrate (g)	68.3 g	10.4 g
Sugars (g)	8.9 g	1.4 g
Protein (g)	40.2 g	6.1 g
Salt (g)	1.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Make the Mash

- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **potatoes** and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Add Some Flavour

- When 1 min of cooking time remains, add the **garlic** and fry until fragrant.
- Lower the heat to medium and add the **paprika**, **stock**, **crema fraiche** and **half** the **parsley** to the pan.



Get Prepped

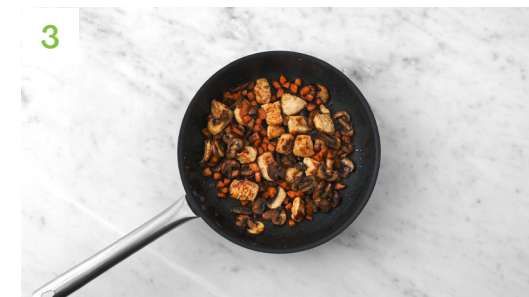
- Meanwhile, roughly chop the **mushrooms**.
- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** and quarter lengthways (no need to peel). Chop widthways into 1cm pieces.



Simmer the Sauce

- Stir in 75ml **water** (double for 4p) and leave to simmer until slightly thickened, 3-4 mins.
- Season to taste with **salt** and **pepper**. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Add a splash of water to loosen the sauce if necessary.



Brown the Chicken

- Place a pan on medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken**, **mushrooms** and **carrots** to the pan and season with **salt** and **pepper**.
- Fry, stirring occasionally, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Garnish and Serve

- Dish up a hearty helping of mashed **potato**.
- Top with the creamy **chicken** stroganoff.
- Garnish with a sprinkling of the remaining **parsley**.

Enjoy!