DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Mushroom Chicken
with Polenta

A comforting chicken and mushroom stew with creamy polenta.

🕐 30 minutes   🍴 4 servings   🍗 Chicken

FROM YOUR BOX

BROWN ONION	1
CARROT	1
BUTTON MUSHROOMS	150g
CHICKEN TENDERLOINS	600g
TINNED CHOPPED TOMATOES	400g
INSTANT POLENTA	250g

FROM YOUR PANTRY

olive oil, salt and pepper, stock cube (of choice), dried herb (of choice), flour (of choice)

NOTES

You can add extra vegetables to the stew if you have some. Red or yellow capsicum, zucchini or extra mushrooms work well.

This dish also works well with mashed potatoes if you don't feel like polenta.

1. SAUTÉ THE VEGETABLES

Heat a frypan or saucepan over medium–high heat with **2 tbsp olive oil**. Chop onion and slice carrot. Slice mushrooms. Add to pan and cook for 5 minutes until softened.

TIP *You can add some crushed garlic, fresh thyme, bay leaf or rosemary. If you have any bacon you can slice it and sauté with the vegetables for background flavour!*

2. SIMMER THE STEW

Cut chicken into smaller pieces. Add to pan along to pan along with **1 crumbled stock cube, 1 tbsp flour** and **1 tbsp dried herb of choice**. Stir in chopped tomatoes and **1 tin (400ml) water**. Simmer for 10 minutes. Stir in **2 tbsp olive oil** and season with **salt and pepper** to taste.

TIP *Use stock paste or liquid stock if you have some. We used dried tarragon to flavour the stew and cornflour to thicken it.*

3. COOK THE POLENTA

Bring a saucepan with **1.3L water** to a boil. Gradually pour in polenta, whisking continuously until thickened. Remove from heat and season with **salt and pepper.**

TIP *To add richness and flavour to the polenta, stir through a crumbled stock cube, parmesan cheese or some butter to taste!*

4. FINISH AND SERVE

Serve mushroom chicken with polenta.

TIP *Garnish with fresh chopped herbs or grated parmesan cheese if you have some!*

This recipe has simplified instructions to help lower your meal cost.