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Chicken Pot Pies with Sweet Corn & Leek

Just the words “chicken pot pie” are enough to send us off into a reverie of rainy days and warming home cooking. There’s no need to reinvent the wheel when sweet corn and soft leek make such perfect bedfellows in this pie. Best served on a cold, wet day when this pie will send a warm, wafting aroma rising gently towards you.



Prep: 20 mins
Cook: 30 mins
Total: 50 mins



level 2



high protein



eat me early

Pantry Items



Butter



Olive Oil



Hot Water



Milk



Plain Flour



Dijon Mustard



Potatoes



Chicken Thighs



Leek



Carrot



Corn



Baby Spinach



Garlic



Chicken Stock Cube



Parsley



Parmesan Cheese

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2P	4P	Ingredients	
400 g	800 g	potatoes, peeled & cut into 2 cm chunks	
1 tbs	2 tbs	butter *	
2 tsp	1 tbs	olive oil *	
350 g	700 g	chicken thighs, fat trimmed & diced	
1	2	leek, halved & thinly sliced	🌿
1	2	carrot, peeled & finely diced	⊕
1 cob	2 cobs	corn, husked & kernals removed	
1 clove	2 cloves	garlic, peeled & crushed	⊕
1 bag	2 bags	baby spinach, washed	
½	1	chicken stock cube	
2 tbs	4 tbs	hot water *	
½ cup	1 cup	milk *	
1 tbs	2 tbs	plain flour *	
1 tbs	2 tbs	Dijon mustard *	
½ bunch	1 bunch	parsley, finely chopped	⊕
½ block	1 block	Parmesan cheese, finely grated	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2730	Kj
Protein	49.9	g
Fat, total	27.2	g
-saturated	10.7	g
Carbohydrate	46.8	g
-sugars	11	g
Sodium	809	mg

You will need: *chef's knife, chopping board, garlic crusher, fine grater, baking dish or ramekins, bowl, small jug, paper towel, potato masher, fork, medium frying and a large saucepan.*

1 Preheat the grill to medium-high. Grease a baking dish or individual ovenproof ramekins.

2 Place the **potato** in a large saucepan of cold water, bring to the boil and cook for **20 minutes** or until tender. Drain. Add half of the **butter** and season with **salt** and **pepper**. Using a potato masher, mash the potato until you reach a chunky and firm consistency.

3 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **chicken thighs** and cook, stirring, for **3-4 minutes** or until browned. Transfer the chicken to a bowl and set aside. Place the same pan back over a medium-high heat. Add the **leek**, **carrot** and **corn** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and cook, stirring, for **1 minute** or until fragrant. Add the **baby spinach** and stir through until wilted. Transfer to the same bowl as the chicken. Wipe the pan clean with a paper towel.

4 In a small jug combine the **chicken stock cube**, **hot water** and **milk**. Melt the remaining butter in the same frying pan over a medium heat. Stir in the **plain flour** and cook, stirring, for **1 minute**. Slowly whisk in the stock mixture. Cook, stirring, for **5 minutes** or until the sauce thickens. Stir through the **Dijon mustard**. Season with salt and pepper. Stir through the **parsley** and the chicken and vegetable mixture. Transfer the mixture to the baking dish or individual ovenproof ramekins.

5 Top with the mashed potato and roughen up with a fork. Sprinkle with the **Parmesan cheese**. Cook under the grill for **5-10 minutes**, or until golden. Remove from the oven, divide between plates and enjoy!

