

Creamy Leek & Mustard Chicken

with Mashed Potato

Grab your Meal Kit with this symbol



Potato



Carrot



Silverbeet



Leek



Garlic



Chicken Breast



Light Cooking Cream



Wholegrain Mustard



Chicken Stock Powder



Chicken Breast

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Eat Me Early

Naturally Gluten-Free
Not suitable for coeliacs

Serve up a comforting meal that's as good as a hug! With flavoursome leek in a creamy mustard sauce and loads of satisfying mash, this dinner will make you feel good, both inside and out.

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

Pantry items

Olive Oil, Butter, Milk

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
silverbeet	1 bag	1 bag
leek	1	2
garlic	1 clove	2 cloves
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
light cooking cream	1 medium packet	2 medium packets
wholegrain mustard	½ packet	1 packet
chicken stock powder	½ medium sachet	1 medium sachet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3226kJ (771Cal)	674kJ (161Cal)
Protein (g)	35.5g	7.4g
Fat, total (g)	38.8g	8.1g
- saturated (g)	7.3g	1.5g
Carbohydrate (g)	63.4g	13.2g
- sugars (g)	20.8g	4.3g
Sodium (mg)	1136mg	237mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	441kJ (105Cal)
Protein (g)	84.4g	9.9g
Fat, total (g)	44.7g	5.2g
- saturated (g)	23.9g	2.8g
Carbohydrate (g)	40.5g	4.8g
- sugars (g)	15.3g	4.8g
Sodium (mg)	1058mg	124mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Prep the veggies

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Thinly slice the **carrot** into rounds. Roughly chop the **silverbeet**. Thinly slice the **leek**. Finely chop the **garlic**.



4 Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** with **salt** and **pepper** on both sides. Cook the **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: The chicken is cooked through when it's no longer pink inside.

CUSTOM RECIPE

If you've doubled your chicken, cook in batches for the best results!



2 Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash until smooth. Cover to keep warm.



5 Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **leek** until softened, **4-5 minutes**. Reduce the heat to low, add the **light cooking cream**, **wholegrain mustard** (see ingredients) and **chicken stock powder** (see ingredients) and stir to combine. Simmer until slightly reduced, **1-2 minutes**. Add any **chicken resting juices** and season to taste.



3 Cook the veggies

While the potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot** until almost tender, **3 minutes**. Add the **silverbeet** and cook until wilted, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



6 Serve up

Divide the mashed potato between plates and top with the garlic veggies and chicken. Spoon over the creamy leek and mustard sauce to serve.

Enjoy!