



CREAMY LEEK & MUSTARD CHICKEN

with Mashed Potato



Make a leek and
mustard sauce



Potato



Carrot



Broccoli



Leek



Garlic



Chicken Breast



Cooking Cream



Wholegrain Mustard



Chicken Stock



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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

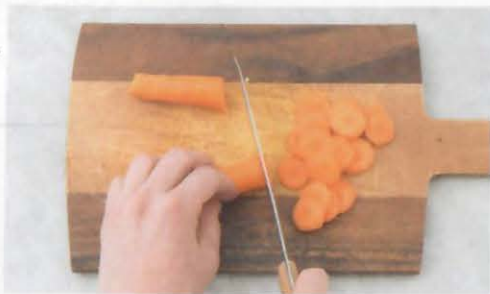
Serve up a comforting meal that's as good as a hug! With tender, flavoursome leek in a creamy mustard sauce and loads of satisfying mash, this dinner will make you feel all snuggly – perfect for a home-cooked meal with heart.

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **large frying pan**



2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli	1 head	2 heads
leek	1	2
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
cooking cream	1 packet (150 ml)	2 packets (300 ml)
wholegrain mustard	½ tub (20 g)	1 tub (40 g)
chicken stock	½ cube	1 cube
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40 g	80 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3630kJ (867Cal)	493kJ (118Cal)
Protein (g)	53.1g	7.2g
Fat, total (g)	54.3g	7.4g
- saturated (g)	31.5g	4.3g
Carbohydrate (g)	37.0g	5.0g
- sugars (g)	8.0g	1.1g
Sodium (g)	767mg	104mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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1 PREP THE VEGGIES

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **carrot** (unpeeled). Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **leek**. Finely chop the **garlic** (or use a garlic press).
TIP: Cut the veggies to the correct size so they cook in the allocated time.

2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook for **10 minutes**. Place the **carrot** and **broccoli** in a colander or steamer on top of the saucepan, cover with a lid and steam until the veggies are tender and the potato is easily pierced with a knife, **5-6 minutes**. Transfer the **carrot** and **broccoli** to a medium bowl and season with **salt** and **pepper**. Drain the **potato**, return to the saucepan and cover to keep warm.

3 COOK THE CHICKEN

While the veggies are cooking, place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Season the **chicken** with a **pinch** of **salt** and **pepper** on both sides. Add the **chicken** to the pan and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.
TIP: The chicken is cooked when it is no longer pink inside.



4 MAKE THE SAUCE

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

5 MASH THE POTATO

While the sauce is simmering, add the **milk**, **salt**, **1/2 the butter** and a **pinch** of **pepper** to the potato in the saucepan. Mash with a potato masher or fork until smooth. In a small microwavable bowl, place a **pinch** of **garlic** and the **remaining butter**. **TIP:** Add as much or as little garlic as you like! Microwave in **30 second bursts** until melted. Pour over the **carrot** and **broccoli** and toss to coat.

6 SERVE UP

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

ENJOY!