

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



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



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

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.

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 bunch	1 bunch
leek	1	2
garlic	1 clove	2 cloves
butter*	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
wholegrain mustard	½ tub (20g)	1 tub (40g)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (764Cal)	455kJ (108Cal)
Protein (g)	43.1g	6.1g
Fat, total (g)	48.3g	6.9g
- saturated (g)	25g	3.6g
Carbohydrate (g)	39.2g	5.6g
- sugars (g)	14g	2g
Sodium (mg)	1022mg	145mg

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.



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) into rounds. Roughly chop the **silverbeet**. Thinly slice the **leek**. Finely chop the **garlic**.



2 Make the mash

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



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. Add the **carrot** and cook until almost tender, **3 minutes**. Add the **silverbeet** and cook until wilted and tender, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



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.



5 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, then add the **light cooking cream, wholegrain mustard** (see ingredients) 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.



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!