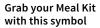
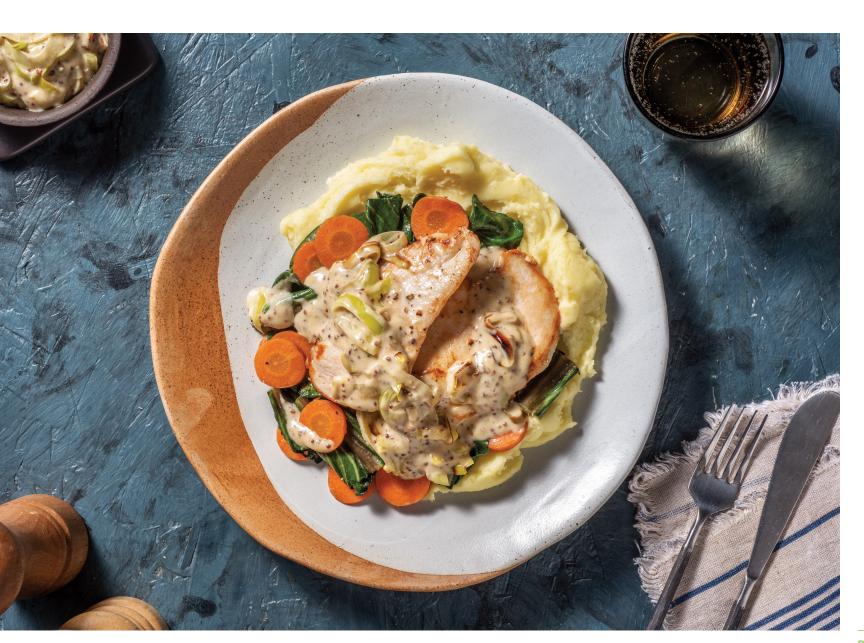


Creamy Leek & Mustard Chicken with Mashed Potato













Potato











Light Cooking



Wholegrain Mustard



Chicken Stock

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

9			
	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	⅓ cup	
salt*	1/4 tsp	½ tsp	
chicken breast	1 small packet	1 large packet	
light cooking	1 packet	2 packets	
cream	(150ml)	(300ml)	
wholegrain	½ tub	1 tub	
mustard	(20g)	(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.



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.



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.



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.



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.



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.



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!