

Chicken, Leek and Tarragon Stew with Mashed Potatoes

There is something so comforting about this recipe. Sometimes the most simple ingredients come together to create something absolutely wonderful, which is what happened here when chef Rachel decided to make this dish. She hit the comfort food nail on the head with this light, vibrant broth and a nice helping of smooth warming mash. We hope you enjoy it as much as all of us!











Garlic Clove



Leek













Milk

Ingredients	2P	4P
Potato, chopped	2	4
Onion, sliced	11/2	3
Garlic Clove, chopped	1	2
Leek, chopped	2	4
Carrot, cubed	1	2
Tarragon, chopped	1 tbsp	2 tbsp
Flour 1	1 tbsp	2 tbsp
Chicken Thigh	4	8
Chicken Stock Pot	1	2
Milk 2	3 tbsp	5 tbsp

May feature in another recipe

😭 Our produce comes fresh from the farm so give it a little wash before using

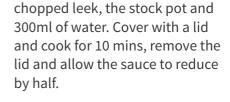
Allergens

1) Gluten | 2) Milk

Nutrition per serving: Calories: 506 kcal | Protein: 34 g | Carbs: 55 g | Fat: 16 g | Saturated Fat: 5 g



Boil a large pot of water with 1/4 tsp of salt. Peel the potatoes and chop into (roughly) 2cm cubes. Cook the potatoes over a medium heat for 15-20 mins until you can easily slip a knife through them, then drain them.





Peel and chop the onion in half through the root, then very thinly slice both halves in half moon shapes. Peel and finely chop the garlic. Wash the leeks and chop widthways into 1cm discs. Chop the carrot into less than ½cm cubes. Finely chop the tarragon

5 Mash the potatoes once they are cooked and drained. Add 3 tbsp of milk, ¼ tsp of salt, pepper and a tbsp of butter (if you have some in the fridge).



leaves (discarding the stalk).

6 When the chicken is cooked and the sauce has reduced by half, taste for seasoning and add more salt or pepper to your liking. Finally add the tarragon.



over a medium-high heat. Mix the flour with 1/4 tsp of salt and pepper, dip the thighs in and pat off any excess flour. Add to the pan and allow to colour for 3-4 mins on one side, turn over and cook for 1 minute and then remove. Tip:

The flour will help to tenderise the chicken and thicken the sauce later.

Heat 1 tbsp of oil in a large pan

Serve the chicken stew on top of your creamy mash.



In the same pan, turn the heat down to medium and add the onion, garlic and carrot, allow to soften for 4 mins. Tip: If the pan goes too dry add a drop of water. Return the chicken along with the