






Cooking Made Easy

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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!



40 min



Potato



Onion



Garlic Clove



Leek



Carrot



Tarragon



Flour



Chicken Thigh




Chicken Stock Pot




Milk

Ingredients

	2P	4P
Potato, chopped	2	4
Onion, sliced	1½	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



1 Boil a large pot of water with ¼ 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.

chopped leek, the stock pot and 300ml of water. Cover with a lid and cook for 10 mins, remove the lid and allow the sauce to reduce by half.



2 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 leaves (discarding the stalk).

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).



3 Heat 1 tbsp of oil in a large pan over a medium-high heat. Mix the flour with ¼ 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.*

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.



4 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

7 Serve the chicken stew on top of your creamy mash.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!