



# Roasted Chicken Thighs and Creamy Leek Sauce with Mash and Peas

13

Rapid 20 Minutes • 1 of your 5 a day



Potatoes



Garlic Clove



Chicken Thigh



Mixed Herbs



Leek



Peas



Creme Fraiche



Chicken Stock Paste



Chicken Breast Skin-On

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, garlic press, baking tray, colander and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Chicken Thigh**	4	6	8
Mixed Herbs	1 sachet	1 sachet	2 sachets
Leek**	1	1½	2
Peas**	120g	120g	240g
Crema Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Chicken Breast Skin-On**	2	3	4

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	627g	100g	587g	100g
Energy (kJ/kcal)	3146 / 752	502 / 120	2512 / 600	428 / 102
Fat (g)	39.7	6.3	24.0	4.1
Sat. Fat (g)	15.4	2.5	10.7	1.8
Carbohydrate (g)	53.9	8.6	54.1	9.2
Sugars (g)	10.7	1.7	10.8	1.8
Protein (g)	53.4	8.5	49.2	8.4
Salt (g)	1.62	0.26	1.38	0.24

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pour the **boiled water** from your kettle into a large saucepan with ½ **tsp salt** on high heat. Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



## Fry the Leeks

- Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **leek** and season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 4-6 mins.
- Add the remaining **garlic** and cook for 1 min.



## Chicken Time

- Once the oven is hot, lay the **chicken thighs** flat onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then rub in the **mixed herbs** and **half the garlic**.
- Roast on the middle shelf of your oven until browned and cooked through, 12-15 mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

## CUSTOM RECIPE

If you've chosen **chicken breast** instead, before roasting, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, cook the **chicken** with the **garlic** and **mixed herbs** until browned, 5 mins on each side. Once browned, roast on the top shelf for the same amount of time.



## Bring on the Creamy Sauce

- Stir the **peas**, **crema fraiche**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **leeks**. Simmer until thickened, 3-4 mins.
- Taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Make your Mash

- Meanwhile, once the **potatoes** are cooked, drain in a colander. Return them to the pan, off the heat.
- Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- Season with **salt** and **pepper**. Cover with a lid to keep warm.



## Serve Up

- When ready, share the **chicken thighs** between your plates. Spoon over the **creamy leek sauce**.
- Serve with the **mash** alongside.

## Enjoy!