



Roasted Chicken Thighs and Cheesy Leek Sauce with Asparagus and Mash

48

Quick 20 Minutes • 2 of your 5 a day



Potatoes



Garlic Clove



British Chicken Thighs



Mixed Herbs



Asparagus



Leek



Creme Fraiche



Chicken Stock Paste



Grated Hard Italian Style Cheese



British Chicken Breasts

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, potato masher and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
British Chicken Thighs**	4	6	8
Mixed Herbs	1 sachet	1 sachet	2 sachets
Asparagus**	150g	200g	300g
Leek**	1	1½	2
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	677g	100g	637g	100g
Energy (kJ/kcal)	3289/786	486/116	2413/577	379/91
Fat (g)	42.1	6.2	19.4	3.0
Sat. Fat (g)	17.2	2.5	10.6	1.7
Carbohydrate (g)	53.4	7.9	53.6	8.4
Sugars (g)	8.5	1.3	8.9	1.4
Protein (g)	55.0	8.1	52.0	8.2
Salt (g)	2.39	0.35	2.31	0.36

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

Allergens

7) Milk 8) Egg

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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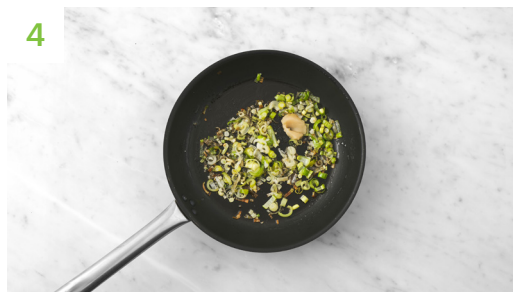
Cook the Potatoes

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

b) Chop the **potatoes** into 2cm chunks (no need to peel).

c) 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.

d) Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the asparagus and discard.



Get Frying

a) Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

b) Heat a drizzle of **oil** in a large saucepan on medium-high heat.

c) Once hot, add the **leek** and season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 4-6 mins.

d) Add the remaining **garlic** and cook for 1 min.



Chicken and Asparagus Time

a) Once the oven is hot, lay the **chicken thighs** flat onto a baking tray. Drizzle with **oil**, season, then rub in the **mixed herbs** and **half** the **garlic**. Put the **asparagus** on the other side of the baking tray, drizzle with **oil**, season, then toss to coat.

b) Roast on the middle shelf of your oven until the **chicken** cooked through, 10-12 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**, prep in the same way. Heat a drizzle of **oil** in a large frying pan on medium-high heat, then fry, 5 mins each side. Once browned, roast, 15-20 mins.



Bring on the Cheesy Sauce

a) Stir the **creme fraiche**, **chicken stock paste** and **water for the sauce** (see pantry for amount) into the **leeks**. Simmer until thickened, 2-3 mins.

b) Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

c) Stir through the **Italian style cheese** until melted. Taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

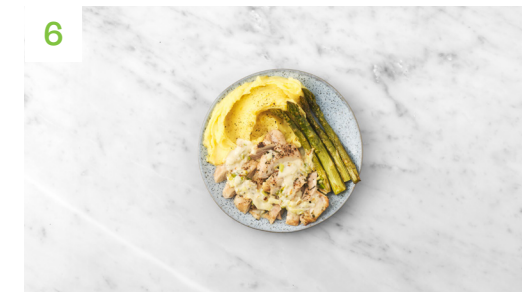


Make your Mash

a) Once the **potatoes** are cooked, drain in a colander. Return them to the pan, off the heat.

b) Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

c) Season with **salt** and **pepper**. Cover with a lid to keep warm.



Serve Up

a) When ready, share the **chicken thighs** between your plates. Spoon over the **cheesy leek sauce**.

b) Serve with the **mash** and **asparagus** alongside.

Enjoy!