







More Than Food
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Creamy Leek and Mustard Chicken with Stir-Fried Green Beans

Why did the chicken cross the road? In this case, it's definitely to get to the mustard on the other side, because, boy, do those two make a mean combination! We've added some tender, crunchy green beans and creamy potatoes to soften the mustardy goodness. This mustard means business – particularly when you add the extra mustard seeds.

 35 mins

 family box

 gluten free

 2 of your 5 a day

 spicy



Leek (2)



Potato (2 packs)



Green Beans (2 packs)



Chicken Breast (4)



Double Cream (1 pot)



Cider and Horseradish Wholegrain Mustard (1½ tbsp)




Mustard Seeds (1 tsp)

4 PEOPLE INGREDIENTS

- Leek, sliced **2**
- Potato, chopped **2 packs**
- Green Beans **2 packs**
- Chicken Breast **4**
- Double Cream **1 pot**
- Cider and Horseradish Wholegrain Mustard **1½ tbsp**

- Mustard Seeds **1 tsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

On St David's Day the youngest recruits in the Welsh Guards are forced to eat a large raw leek. Oooooof.

Allergens: Milk, Mustard, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	706 kcal / 2942 kJ	39 g	24 g	49 g	9 g	42 g	1 g
Per 100g	124 kcal / 516 kJ	7 g	4 g	9 g	2 g	7 g	0 g

1



1 Boil a large pot of water with a pinch of **salt**. Chop the green leafy part from the **leek** and discard. Slice your **leek** in half lengthways and then very thinly slice widthways (discarding the little root on the end). Peel the **potato** and chop into 4cm cubes. Put your **potato** in the pot of boiling water and cook for roughly 20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*

2



2 Bring another pot of water to the boil with a pinch of **salt** and cut the tops and bottoms off the **green beans** (this is called top and tailing!). Cook them in the boiling water for 3 mins, then drain and run cold water through them to stop them cooking further. Set aside.

5



3 Put a splash of **oil** in a frying pan on medium heat and add your **leeks** to the pan with a pinch of **salt** and a grind of **pepper**. Cook for about 5 mins until soft and then transfer them to a plate.

4 Season each **chicken breast** with a pinch of **salt** and some **black pepper**. Add a splash of **oil** to the pan your leek is in (no need to wash!), keeping it on medium heat. Cook for 7 mins on one side and then turn over and cook for another 7 mins on the other side, until the outside is brown and the inside is cooked. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

5 When your chicken is cooked, add the **cream** to the pan along with the **wholegrain mustard**, **leek** and a splash of **water**, stir. Cook for another 3 mins until everything is combined and hot. Spoon a little of your **creamy sauce** over your **chicken** and set the pan aside to rest, covering the pan with a lid or some tinfoil to keep your chicken warm.

7



6 When your **potatoes** are cooked, drain them, pop them back into the pot with a pinch of **salt**, a good grind of **pepper**, a knob of **butter** (if you have some) and a splash of **milk** (if you have any) and mash. Pop a lid on the pot and set aside until ready to serve.

7 Pour a splash of **oil** into a frying pan with the **mustard seeds** and wait for 30 seconds until they start to sputter. **Tip:** *Don't leave the mustard seeds alone in the pan for too long or they will start jumping out!* Add your **green beans**, a good pinch of **salt** and some **pepper** and stir-fry for about 2 mins until your beans are heated through.

8 When everything is ready, stir a splash of **water** into your **creamy chicken sauce** if the liquid has evaporated too much. Take your **chicken** out of the pan and slice into 2cm slices. Serve your **chicken** with your **mash**, your **stir-fried beans** and a good helping of **sauce**. Enjoy!

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