



# Creamy Leek and Mustard Chicken

## with Peas and Parsley Mash

Winter Warmers 25-30 Minutes • 1 of your 5 a day

5



Potatoes



Chicken Thigh



Leek



Garlic Clove



Flat Leaf Parsley



Chicken Stock Paste



Creme Fraiche



Peas



Wholegrain Mustard

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Saucepan, baking paper, frying pan, garlic press, colander, potato masher and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Thigh**	3	4	6
Leek**	1	1	2
Garlic Clove**	2	3	4
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g
Wholegrain Mustard 9)	17g	25g	34g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2664 /637	467 /112
Fat (g)	32.5	5.7
Sat. Fat (g)	12.9	2.3
Carbohydrate (g)	52.6	9.2
Sugars (g)	9.6	1.7
Protein (g)	38.2	6.7
Salt (g)	1.64	0.29

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

## Allergens

7) Milk 9) Mustard

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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## Get Prepped

Bring a large saucepan of **water** with  $\frac{1}{2}$  **tsp salt** to the boil for the **potatoes**.

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

Sandwich each **chicken thigh** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Give it a Fry

Pop the (now empty) **chicken** pan back on medium heat with a drizzle of **oil** if it's a bit dry.

Once hot, add the **leek** and season with **salt** and **pepper**. Cook, stirring occasionally, until softened, 4-6 mins, then add the **garlic** and cook for 1 min more.

Nestle the **chicken** back into the pan. Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount), bring to the boil, then turn the heat down and simmer until the **sauce** has thickened, 2-4 mins.



## Sear the Chicken

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan and season with **salt** and **pepper**. Fry until browned on each side and cooked through, 10-12 mins. Turn every 2-3 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Make your Parsley Mash

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

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

Stir through **half** the **parsley** and season with **salt** and **pepper**. Cover with a lid to keep warm.



## Bring on the Veg

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.

Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).

Once the **chicken** is cooked, transfer to a plate and cover to keep warm.



## Finish and Serve

When everything's cooked, stir the **creme fraiche**, **peas** and **mustard** into the **chicken** pan until combined and piping hot, 1 min.

Share the **parsley mash** between your plates and top with the **chicken**, spooning over all the **creamy sauce** from the pan.

Finish with a sprinkle of the remaining **parsley**.

## Enjoy!