



A P R
2017

Creamy Leek and Mustard Chicken

with Green Beans and Mashed Potatoes

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.

Prep
30 min



Chicken Breast



Russet Potato



Green Beans



Leek



Vinegar



Horseradish



Whole Grain Mustard



Chicken Broth
Concentrate



Sour Cream

Ingredients	2 People	4 People	*Not Included
Chicken Breasts	1 pkg (340 g)	2 pkg (680 g)	
Russet Potato	2	4	
Green Beans, trimmed	1 pkg (170 g)	2 pkg (340 g)	
Leek, sliced	1 pkg (85 g)	2 pkg (170 g)	
Vinegar	1) ½ bottle (1 tbsp)	1 bottle (2 tbsp)	
Horseradish	1) ½ pkg (1 tsp)	1 pkg (2 tsp)	
Whole Grain Mustard	3) 1) 1 pkg (2 tsp)	2 pkg (4 tsp)	
Chicken Broth Concentrate	1 pkg	2 pkg	
Sour Cream	2) 1 pkg (3 tbsp)	2 pkg (6 tbsp)	
Butter*	2) 1 tbsp	2 tbsp	
Olive or Canola Oil*			

Ruler

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Allergens

1) Sulphites/Sulfites

2) Milk/Lait

3) Mustard/Moutarde

Tools

Medium Pot, Large Pan, Measuring Spoons, Measuring Cups

Nutrition per person Calories: 542 cal | Fat: 17 g | Protein: 47 g | Carbs: 51 g | Fibre: 6 g | Sodium: 636 mg
 Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Boil the potatoes: Wash and dry all produce. Peel and cut the **potatoes** into ½-inch pieces. In a medium pot, combine the potatoes with enough **salted water** to cover them. Boil over medium-high heat until the potatoes are fork-tender, 10-12 min. (A fork should pierce through the potatoes very easily!)

2



2 Cook the green beans: Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **green beans**. Season with **salt** and **pepper**. Cook, stirring occasionally, until beans are tender-crisp, 8-10 min. Stir in **half the mustard**. Transfer to a plate and cover to keep warm.

3



3 Cook the chicken: Season the **chicken** with **salt** and **pepper**. Heat the same pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until the chicken is golden-brown on the bottom, 3-4 min. Flip the chicken over, and reduce the heat to medium-low. Cover and cook until chicken is cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a plate and cover to keep warm.

5



4 Make the creamy leek sauce: Add the **leeks** to the same pan. Cook, stirring occasionally, until softened, 3-4 min. Stir in the **broth concentrate(s)**, **horseradish**, **remaining mustard**, **½ bottle vinegar** (1 bottle for 4 people) and **¼ cup water** (double for 4 people). Remove the pan from the heat and stir in the **sour cream**.

5 Mash the potatoes: Drain the **potatoes** and return them to the same pot. Using a potato masher or fork, mash the potatoes with the **butter** until smooth. Season with **salt** and **pepper**.

6 Finish and serve: Divide the **green beans**, **chicken** and **mashed potatoes** between plates. Spoon over the **creamy leek sauce**. Enjoy!

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