



CRISPY CHICKEN

with New Potatoes and Leek & Tarragon Sauce



HELLO FLORA ORIGINAL

Flora contains absolutely no preservatives, artificial colours or flavours.



Skin-on Chicken Breast



New Potatoes



Leek



Tarragon



Chicken Stock Powder



Double Cream



Flora Original

Our chefs have been creating recipes for a while now and one thing they've learnt along the way is that chicken, tarragon and double cream are a flavour combination that our customers absolutely love. And because time should never stand in the way of a delicious meal, our chef's have created a superquick recipe that contains all the flavours you can't get enough of! We'll send your compliments to the chef!

20 mins

1 of your 5 a day

Rapid recipe

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

- 🔥 Fill and boil your **Kettle**.
- 🧼 Wash the veggies.
- 🍳 Make sure you've got a **Baking Tray, Large Saucepan, Frying Pan** and **Measuring Jug**. Let's start cooking the **Crispy Chicken with New Potatoes and a Leek & Tarragon Sauce**.



1 COOK THE CHICKEN

- Preheat your oven to 200°C and boil your kettle.
- Put the **chicken breasts**, skin side up, on a baking tray and drizzle with **oil**.
- Season with **salt** and **pepper** then roast in your oven until golden and cooked through, about 18-20 mins.
- 🚫 **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



2 COOK THE POTATOES

- Meanwhile, chop the **new potatoes** into 2cm chunks (no need to peel) and pop into a saucepan with a pinch of **salt**.
- Pour on the boiling water and put the pan on high heat.
- Boil until tender, 12-15 mins, then drain into a colander.
- Return to the pan and add the **Flora Original** and stir to melt.



3 PREP THE VEGGIES

- Meanwhile, trim the root and dark green leafy part from the **leek**. Halve lengthways then slice widthways.
- Pick the **tarragon leaves** from the stalks (discard the stalks). Roughly chop the leaves.



4 FRY THE LEEKS

- Meanwhile, heat a splash of **oil** in a frying pan on medium heat.
- Add the **leeks** and cook, stirring, until soft, 5-6 mins.
- Add the **water** for the sauce (see ingredients for amount) and **stock powder**.
- Bring to the boil, stir to dissolve the **stock powder**, then reduce the heat to low.



5 FINISH THE SAUCE

- Stir the **double cream** and **half the chopped tarragon** into the **leek mixture**. Remove from the heat.
- Season to taste with **salt** and **pepper**.



6 SERVE

- Slice the **chicken**.
- Serve the **potatoes** alongside the **creamy leeks**.
- Top with the **chicken** and finish with a sprinkle of remaining **tarragon**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Skin-on Chicken Breat *	2	3	4
New Potatoes *	1 small pack	1 large pack	2 small packs
Leek *	2	3	4
Tarragon *	½ bunch	¾ bunch	1 bunch
Water*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Double Cream 7) 11) *	120ml	180ml	240ml
Flora Original *	20g	30g	40g

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 570G	PER 100G
Energy (kJ/kcal)	2830 / 677	496 / 119
Fat (g)	42	7
Sat. Fat (g)	20	3
Carbohydrate (g)	36	6
Sugars (g)	8	1
Protein (g)	41	7
Salt (g)	0.81	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 11) Soya

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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