



# Glazed Chicken

with Mash and Buttered Leeks



**FAMILY** Hands on Time: 15 Minutes • Total Time: 40 Minutes • 1 of your 5 a day



Baking Potato



Leek



Spring Onion



Chives



Chicken Stock Powder



Unsalted Butter



Skin-On Chicken Breast



Apple and Sage Jelly

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Large Saucepan (with a Lid), Measuring Jug, Frying Pan, some Baking Paper, a Baking Tray, some Kitchen Paper, a Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Baking Potato**	1 small pack	1 large pack	2 small packs
Leek**	2	3	4
Spring Onion**	2	3	4
Chives**	½ bunch	¾ bunch	1 bunch
Water*	150ml	200ml	300ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Unsalted Butter 7)**	30g	45g	60g
Skin-On Chicken Breast**	2	3	4
Apple and Sage Jelly	2 pots	3 pots	4 pots

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	614g	100g
Energy (kJ/kcal)	2692/644	439/105
Fat (g)	27	4
Sat. Fat (g)	12	2
Carbohydrate (g)	61	10
Sugars (g)	21	3
Protein (g)	41	7
Salt (g)	0.64	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Do the Prep

Preheat your oven to 180°C and boil your kettle. Chop the **potato** (no need to peel!) into 2cm chunks. Remove the root and dark green top from the **leek** and cut into 1cm thick rounds. Remove the root from the **spring onion** and thinly slice. Thinly slice the **chives**. Dissolve the **stock** in a jug of boiling **water** (see ingredients for amount) - we'll use it later. Put a large saucepan of **water** with a pinch of **salt** on to boil for the **potato**.



## 4. Make the Mash

Meanwhile, add the **potato** to your pan of boiling **water**. Cook the **potato** for 15-20 mins. **TIP: The potato is cooked when you can easily slip a knife through.** Once cooked, drain in a colander, allow to steam dry for a few mins, then pop back in the pan. Add the **spring onion**, **chives** and a good knob of **butter** (if you have any!). Mash and season to taste with **salt** and **black pepper**. Keep warm with the lid on.



## 2. Cook the Leek

Heat a frying pan on medium heat. Once hot, add the **butter** and the **leek**. Season with a good pinch of **salt** and **pepper**. Cook until softened, 3 mins. Stir frequently to make sure it doesn't burn. Add **two-thirds** of the **stock** to the **leek**, stir to combine, then transfer the **leek** and **stock mix** to a high sided baking tray. Leave to the side. Wipe the pan clean with kitchen paper.



## 5. Glaze Time

When the **chicken** is cooked, remove from your oven and leave to rest for a couple of minutes. Warm the **apple and sage jelly** in your frying pan on low heat until it melts, then add the remaining **stock**. Bring to the boil, bubble for 30 seconds, then remove from the heat.



## 3. Roast the Chicken

Season the **chicken** with **salt** and **pepper**. Heat a splash of **oil** in the now empty frying pan over high heat. Lay in the **chicken** skin-side down and cook until browned, 5 mins. Turn and cook the flesh side for 2 mins. **IMPORTANT: Remember to wash your hands after handling raw meat!** Transfer the **chicken** (skin-side up) to the baking tray with the **leek**. Roast on the top shelf of your oven for 15-17 mins. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.** Keep the pan for later.



## 6. Serve

Spoon a generous amount of **mash** onto each plate and serve the **buttered leek** alongside (leave any excess liquid behind). Top with the **chicken** and spoon over the **apple and sage jelly glaze**.

**Enjoy!**