



Quick Seared Chicken & Creamy Leek Sauce

with Potato Mash & Lemon

Grab your Meal Kit with this symbol



Potato



Leek



Lemon



Baby Broccoli



Chicken Breast



Nan's Special Seasoning



Longlife Cream



Chicken-Style Stock Powder

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

 Eat Me Early

Serve up a comforting meal that's as good as a hug! With tender, flavoursome leek in a creamy sauce and loads of satisfying mash, this dinner will make you feel all snuggly - perfect for a home-cooked meal with heart.

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid • Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| leek | ½ | 1 |
| lemon | ½ | 1 |
| baby broccoli | 1 bag | 1 bag |
| chicken breast | 1 packet | 1 packet |
| Nan's special seasoning | 1 sachet | 1 sachet |
| longlife cream | ½ bottle (125ml) | 1 bottle (250ml) |
| butter* | 40g | 80g |
| milk* | 2½ tbs | ½ cup |
| chicken-style stock powder | 1 sachet (5g) | 1 sachet (10g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3162kJ (756Cal) | 510kJ (122Cal) |
| Protein (g) | 39.9g | 6.4g |
| Fat, total (g) | 48.1g | 7.8g |
| - saturated (g) | 28.3g | 4.6g |
| Carbohydrate (g) | 36.4g | 5.9g |
| - sugars (g) | 9.4g | 1.5g |
| Sodium (mg) | 1111mg | 179mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the potato & baby broccoli

- Boil the kettle. Cut **potato** into large chunks (peel if you prefer!). Thinly slice white and light green parts of **leek** (see ingredients). Cut **lemon** into wedges.
- Add boiling water and **potato** to a medium saucepan. Bring to the boil and cook **potato** until easily pierced with a knife, **10-15 minutes**.
- In last **6-8 minutes** of cook time, place a colander or steaming basket over saucepan, then add **baby broccoli**. Cover with a lid and steam until tender.
- Transfer **baby broccoli** to serving plates, then season with **salt and pepper**.
- When **potato** is done, drain and return to saucepan.

3



Make the mash

- Add **butter, milk** and **chicken-style stock powder** to saucepan with **potato**. Mash until smooth.

2



Cook the chicken & creamy sauce

- While veggies are cooking, cut **chicken breast** into 2cm-thick strips. Heat a large frying pan over a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **chicken, Nan's special seasoning** and **leek**, tossing, until browned and cooked through, **4-5 minutes**.
- Reduce heat to medium, then add **longlife cream** (see ingredients) and cook until thickened, **1-2 minutes**.
- Remove from heat, season to taste and set aside.

4



Serve up

- Divide mash between plates of baby broccoli. Top with chicken and creamy leek sauce.
- Squeeze over some lemon juice and serve with any remaining lemon wedges.

Enjoy!