



Quick Creamy Chicken & Leek Casserole

with Cauli-Potato Mash & Chilli Flakes

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Leek



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Baby Spinach Leaves



Chilli Flakes (Optional)



Chicken Breast



Bechamel Sauce

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early

When it's been a long day, long week or even a long few hours, a casserole at the end of it all will have you feeling relaxed in no time. There are classic flavours from the herby and garlic chicken in a bechamel sauce with leek and other veggies, including a teddy-bear-soft mash.

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
butter*	20g	40g
leek	1	2
chicken breast	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
bechamel sauce	1 medium packet	1 large packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	¼ cup	½ cup
baby spinach leaves	1 medium bag	1 large bag
chilli flakes  (optional)	1 pinch	1 pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2030kJ (485Cal)	392kJ (94Cal)
Protein (g)	42.4g	8.2g
Fat, total (g)	19.8g	3.8g
- saturated (g)	10.7g	2.1g
Carbohydrate (g)	31.6g	6.1g
- sugars (g)	16.3g	3.1g
Sodium (mg)	1236mg	238mg
Dietary Fibre (g)	4.3g	0.8g

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.



Make the cauli-potato mash

- Boil the kettle. Half-fill a medium saucepan with boiling water and a good pinch of **salt**.
- Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **veggies** to the pan. Add the **butter** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Make the casserole

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **chicken** and **leek** with a pinch of **salt**, tossing occasionally, until browned, **5-6 minutes**.
- Reduce heat to low, then add **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add **bechamel sauce**, **chicken-style stock powder** and the **water**. Cook until slightly thickened, **1-2 minutes**.
- Remove from the heat, then add **baby spinach leaves**, stirring until wilted. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



Get prepped

- Meanwhile, thinly slice **leek**.
- Cut **chicken breast** into 2cm chunks.



Serve up

- Divide cauli-potato mash between bowls.
- Top with creamy chicken and leek casserole.
- Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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