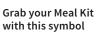


Quick Creamy Chicken & Leek Casserole with Cauli-Potato Mash & Chilli Flakes

NEW CLIMATE SUPERSTAR













Leek



Seasoning



Chicken-Style Stock Powder



Chilli Flakes (Optional)







Baby Spinach



Chicken Breast



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

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.



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*	1/4 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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



Scan here if you have any questions or concerns

2022 | CW52