



# 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](https://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!