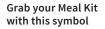


Quick Chicken & Creamy Leek Sauce with Mashed Potato















Baby Broccoli







Nan's Special



Seasoning



Chicken-Style Stock Powder



Pantry items

Olive Oil, Butter, Milk



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



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

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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	523kJ (125Cal)
Protein (g)	40.7g	6.6g
Fat, total (g)	48.1g	7.8g
- saturated (g)	28.3g	4.6g
Carbohydrate (g)	42.2g	6.9g
- sugars (g)	18.5g	3g
Sodium (mg)	1119mg	182mg

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.



Cook the potato & baby broccoli

- Boil the kettle. Cut potato into bite-sized chunks (peel if you prefer!). Slice leek.
- Add boiling water and potato to a medium saucepan. Bring to the boil and cook potato until easily pierced with a fork, 10-15 minutes.
- In the last 6-8 minutes of cook time, place a colander or steamer basket over the pan, then add baby broccoli. Cover with a lid and steam until tender.
- Transfer baby broccoli to serving plates and season with salt and pepper.
- When the potato is done, drain and return to saucepan.



Make the mash

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



Cook the chicken

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



Serve up

- Divide mash between plates of baby broccoli.
- Top with chicken and creamy leek sauce to serve.

Enjoy!