



Quick Chicken & Creamy Leek Sauce

with Mashed Potato

Grab your Meal Kit
with this symbol



Potato



Leek



Baby Broccoli



Chicken Breast
Strips



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 snugly - 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	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	¼ 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.

1



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.

1



Make the mash

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

2



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.

2



Serve up

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

Enjoy!