



Creamy Chicken and Leeks

with rice and parsley garnish

Quick Cook 20-25 mins

18



Chicken Breast



Leek



Rice



Garlic



Parsley



Creme Fraiche



Grated Italian Style Hard Cheese



Worcester Sauce

Pantry Items: Oil, Butter, Salt, Pepper, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Leek	1 unit	2 units
Rice	150 g	300 g
Garlic	1 unit	2 units
Parsley	5 g	10 g
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	25 g	50 g
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	381.5 g	100 g
Energy (kJ/kcal)	2733 kJ/ 653 kcal	717 kJ/ 171 kcal
Fat (g)	21.4 g	5.6 g
Sat. Fat (g)	11.8 g	3 g
Carbohydrate (g)	75.3 g	19.7 g
Sugars (g)	5.4 g	1.4 g
Protein (g)	41.4 g	10.9 g
Salt (g)	1.3 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove from the heat. Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).
- Trim the **leek**. Halve lengthways, then thinly slice.



Finish and Serve

- Once the **leeks** are cooked and tender, remove the lid.
- Add the **chicken, garlic, creme fraiche, Worcester sauce** and **half** the **grated cheese**.
- Mix and let reduce for 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle
- Serve the **rice** on plates and spoon the **chicken** and **leek** sauce on top.
- Sprinkle with chopped **parsley** and remaining grated **cheese**.

Enjoy!



Brown the Chicken

- Cut the **chicken** into 2cm pieces. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Heat a drizzle of **oil** in a large pan over medium-high heat.
- Add the diced **chicken** and brown on all sides for 3-4 mins (it shouldn't be fully cooked yet).
- Add **salt** and **pepper**. Transfer **chicken** out of the pan.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Cook the Leeks

- Return the (now empty) pan to medium-high heat and melt a knob of **butter**.
- Add the **leeks, salt** and **pepper**.
- Reduce heat to medium, cover and cook 8-10 mins.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).