



Creamy Chicken and Leeks

with rice and parsley garnish

Family Quick Cook 20 – 25 mins

25



Diced Chicken Breast



Leek



Rice



Garlic



Parsley



Creme Fraiche



Grated Italian Style Hard Cheese



Worcester Sauce



Chicken Stock



Peas



Pine Nuts

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
Diced Chicken Breast	260 g	520 g
Leek	1 unit	2 units
Rice	150 g	300 g
Garlic	2 units	4 units
Parsley	5 g	10 g
Creme Fraiche	110 g	220 g
Grated Italian Style Hard Cheese	1 unit	2 units
Worcester Sauce	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Peas	120 g	240 g
Pine Nuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	451.5 g	100 g
Energy (kJ/kcal)	3062.7 kJ/ 732 kcal	678.3 kJ/ 162.1 kcal
Fat (g)	24.1 g	5.3 g
Sat. Fat (g)	11.8 g	2.6 g
Carbohydrate (g)	84.3 g	18.7 g
Sugars (g)	9.3 g	2.1 g
Protein (g)	46.3 g	10.3 g
Salt (g)	1.4 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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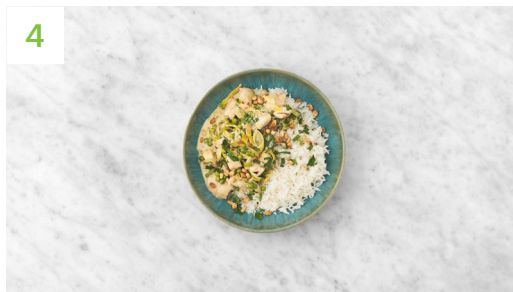


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Make the Rice

- 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 and thinly slice the **leek**. Peel and grate the **garlic**.



Finish and Serve

- While the sauce simmers, roughly chop the **parsley** (stalks and all).
- Fluff up the **rice** with a fork and divide between plates.
- Spoon the creamy **chicken** and **leeks** over the top.
- Sprinkle with chopped **parsley**, **cheese** and toasted **pine nuts**.

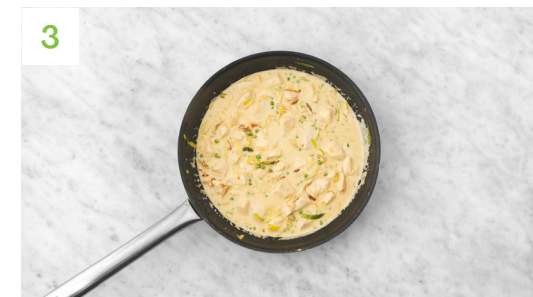
Enjoy!



Brown the Chicken

- Place a pan over medium heat (no oil).
- Once hot, dry-fry the **pine nuts** until toasted, 2-3 mins. Remove from the pan and set aside.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Cook the **chicken** until browned all over, 3-4 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper**. Remove the **chicken** from the pan.

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



Simmer the Sauce

- Return the (now empty) pan to medium-high heat with a knob of **butter**.
- Once the **butter** is melted, add the **leeks** and **stock**. Season with **salt** and **pepper**.
- Reduce heat to medium, cover and cook until softened, 8-10 mins.
- Add the **chicken**, **garlic**, **creme fraiche**, **Worcester sauce** and **peas**.
- Mix together and cook until reduced slightly, 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.