



Creamy Mustard Chicken

with mash and pan-fried carrots

Family 35 – 40 mins

5



Chicken Breast



Leek



Garlic



Stock



Creme Fraiche



Mustard



Carrot



Potatoes

Pantry Items: Water, Salt, Pepper, Oil, Butter, Milk (Optional)



Rate your recipe!

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

Baking sheet with baking paper, colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Leek	1 unit	2 units
Garlic	1 unit	2 units
Stock	1 sachet	2 sachets
Creame Fraiche	110 g	220 g
Mustard	1 sachet	2 sachets
Carrot	2 units	4 units
Potatoes	600 g	1200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	790 g	100 g
Energy (kJ/kcal)	3066.9 kJ/ 733 kcal	388.2 kJ/ 92.8 kcal
Fat (g)	20.9 g	2.6 g
Sat. Fat (g)	10.2 g	1.3 g
Carbohydrate (g)	86.9 g	11 g
Sugars (g)	15.1 g	1.9 g
Protein (g)	50 g	6.3 g
Salt (g)	2 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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 mash

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (peeling optional). Place them in a pot.
- Cover with **water**, season with **salt**, bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander (reserving a little cooking **water**) and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Pan-fry the Veg

- Meanwhile, place a large pan over high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** until starting to char, 2-3 mins.
- Lower heat to medium and cook for 1 min.
- Add a splash of **water** and cover with a lid or some foil. Cook until tender, 4-5 mins.
- Remove from the pan, set aside and cover to keep warm.



Roast the Chicken

- Peel and grate the **garlic**.
- Lay the **chicken** onto a lined baking tray.
- Drizzle with **oil**, rub over the **garlic** and season with **salt** and **pepper**.
- Roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

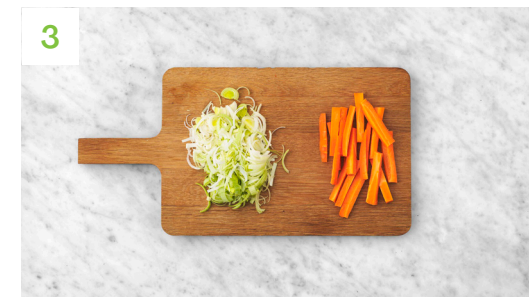
TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Finishing Touches

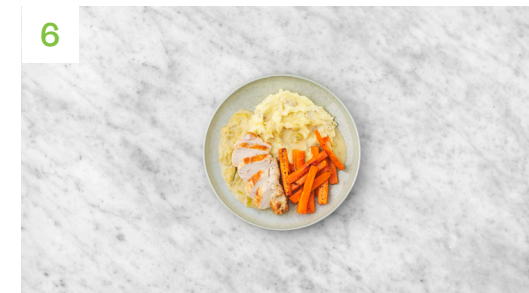
- Return the empty pan to medium-high heat with another drizzle of **oil** if needed.
- Add the **leek** then season with **salt** and **pepper**. Cook until softened, 4-5 mins.
- Add **creme fraiche**, **stock** and **mustard**, stir well to combine.
- Bring to the boil and simmer for 4-5 mins. Taste and season with **salt** and **pepper**, if required.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Get Prepped

- Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.



Divide and Serve

- Thinly slice the **chicken** and divide between plates.
- Serve mash and pan-fried veg alongside.
- To finish, spoon over the creamy **mustard** sauce.

Enjoy!