



Cooking Made Easy

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## Chicken, Leek and Tarragon Stew with Mashed Potatoes

When chef Rachel decided to make this dish she wanted to create something that matched the season. A little bit wintery but with the promise of impending spring. She hit the nail on the head with this light, vibrant broth and a nice helping of smooth warming mash.



Onion



Garlic Clove



Leek



Carrot



Tarragon



Flour



Chicken Thighs



Potatoes




Chicken Stock Pot




Milk

## Ingredients

	2P	4P
Onion, sliced	-	2 cups
Garlic Clove, chopped	-	2
Leek, chopped	-	2 cups
Carrot, cubed	-	1 cup
Tarragon, chopped	-	2 tbsp
Flour <b>1</b>	-	2 tbsp
Chicken Thighs	-	8
Potatoes, cubed	-	4
Chicken Stock	-	2 pots
Milk <b>2</b>	-	5 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Gluten | **2)** Milk

**Nutrition per serving:** Calories: 572 kcal | Protein: 36 g | Carbs: 72 g | Fat: 16 g | Saturated Fat: 3 g



**1** Peel and chop the onion in half through the root, then very thinly slice both halves. Peel and finely chop the garlic. Wash the leek and chop widthways into 1cm discs. Chop the carrot in less than ½cm cubes. Finely chop the tarragon leaves (discarding the stalk).



**2** Heat 1 tbsp of oil in a large pan over a medium-high heat. Mix the flour with ¼ tsp of salt and pepper, dip the thighs in and pat off any excess flour. Add to the pan and allow to colour for 3-4 mins on one side, turn over and cook for 1 min and then remove. **Tip:** *The flour will help to tenderise the chicken and thicken the sauce later.*



**3** Boil a large pot of water with ¼ tsp of salt. Peel the potatoes and cut into (roughly) 2cm cubes. Cook the potatoes over a medium heat for 15-20 mins until you can easily slip a knife through them.



**4** In the same pan that you cooked your chicken, turn the heat down to medium and add the onion, carrot and garlic, allow to soften for 4 mins. **Tip:** *If the pan goes too dry add a drop of water.* Return the chicken along with the chopped leek, the stock pots and

500ml of water. Cover with a lid and cook for 10 mins, remove the lid and allow the sauce to reduce by half.

**5** When the potatoes are cooked, drain and mash. Add 5 tbsp of milk, ¼ tsp of salt, pepper and a tbsp of butter (if you have some in the fridge).

**6** When the chicken is cooked and the sauce has reduced by half, taste for seasoning and add more salt or pepper to your liking. Finally add the tarragon and serve with the creamy mash.