



More Than Food
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Creamy Leek and Mustard Chicken with Green Beans

Why did the chicken cross the road? In this case, it's definitely to get to the mustard on the other side, because, boy, do those two make a mean combination! We've added some tender, crunchy green beans and creamy potatoes to soften the mustardy goodness. This mustard means business – particularly when you add the extra mustard seeds.



35 mins



family box



gluten free



Leek (2)



Potato (2 packs)



Green Beans (2 packs)



Chicken Breast (4)



Double Cream (1 pot)




Cider & Horseradish
Wholegrain Mustard (1 tbsp)



Mustard Seeds (1 tsp)

Ingredients

	2P	4P
Leek, sliced	-	2
Potato, chopped	-	2 packs
Green Beans	-	2 packs
Chicken Breasts	-	4
Double Cream 1	-	1 pot
Cider & Horseradish Wholegrain Mustard 2	-	1 tbsp
Mustard Seeds 2	-	1 tsp

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

LH Step for little hands

Allergens

1) Milk | 2) Mustard

Nutrition per serving: Calories: 757 kcal | Protein: 37 g | Carbs: 68 g | Fat: 39 g | Saturated Fat: 17 g



1 Boil a large pot of water with ½ tsp of salt. Chop the green leafy parts from the leeks and discard. Slice the leeks in half lengthways and then very thinly slice widthways (discarding the little roots on the end). Peel the potatoes and chop into 4cm cubes. Put the potatoes in the pot of boiling water and cook them for roughly 20 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through them.*



2 Bring another pot of water to the boil with ¼ tsp of salt and cut the tops and bottoms off your green beans (this is called top and tailing!). Cook them in the boiling water for 3 mins, when 3 mins are up drain the beans and run cold water through them to stop them cooking further. Set aside.



3 Put 2 tbsp of oil in a frying pan on a medium heat and add the leeks to the pan with a pinch of salt and a grind of pepper. Cook for about 5 mins until soft and then transfer the leeks to a plate.



4 Season your chicken breasts with ¼ tsp of salt and some black pepper. Add 2 tbsp of oil to the pan the leeks were in (no need to wash!), keeping it on a medium heat. Cook for 7 mins on one side and then turn over and cook for another 7 mins on the other side until the outside is brown and the inside is cooked. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

5 When the chicken is cooked, add the cream to the pan along with the wholegrain mustard, leeks and 3 tbsp of water, stir. Cook for another 3 mins until everything is nicely combined and hot. Spoon a little of the creamy mixture over the chicken and set the chicken pan aside off the heat to rest, covering the pan with a lid or some tin foil while you cook the beans and mash the potato.

6 When the potatoes are cooked, drain them, pop them back into the pot with ¼ tsp of salt, a good grind of pepper, 2 tbsp of butter (if you have some) and 4 tbsp of milk (if you have any in the fridge) and mash. Pop a lid on the pot and set aside for a couple of mins.

7 Put 2 tbsp of oil in a frying pan with your mustard seeds and wait for 30 seconds until they start to splutter. **Tip:** *Don't leave the mustard seeds alone in the pan for too long or the mustard seeds will start jumping out!* Add your green beans, a good pinch of salt and some pepper and stir-fry for about 2 mins until the beans are hot.

8 When everything is ready, stir 2 tbsp of water into the creamy chicken sauce if the liquid has evaporated too much. Take your chicken breasts out of the pan and slice them into 2cm slices. Serve the chicken with the mash, the stir-fried beans and a good dollop of sauce. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!