





More Than Food

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Chicken, Leek and Tarragon Stew with Mashed Potatoes

There is something so comforting about this recipe. Sometimes the most simple ingredients come together to create something absolutely wonderful, which is what happened here when chef Rachel decided to make this dish. She hit the comfort food nail on the head with this light, vibrant broth and a nice helping of smooth warming mash. We hope you enjoy it as much as all of us!



40 mins



healthy



Potato (1 pack)



Onion (1½)



Garlic Clove (1)



Leek (2)



Carrot (1)



Tarragon (1 tbsp)



Flour (1 tbsp)



Chicken Thigh (4)



Chicken Stock Pot (½)



Cider Vinegar (1 tbsp)




Milk (½ carton)

Ingredients

2 PEOPLE

ALLERGENS

| | | |
|-----------------------|----------|-----------|
| Potato, chopped | 1 pack | |
| Onion, sliced | 1½ | |
| Garlic Clove, chopped | 1 | |
| Leek, chopped | 2 | |
| Carrot, chopped | 1 | |
| Tarragon, chopped | 1 tbsp | |
| Flour | 1 tbsp | Gluten |
| Chicken Thigh | 4 | |
| Chicken Stock Pot | ½ | |
| Cider Vinegar | 1 tbsp | Sulphites |
| Milk | ½ carton | Milk |

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 572 kcal | Protein: 36 g | Carbs: 73 g | Fat: 17 g | Saturated Fat: 3 g



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

water. Return the chicken along with half the stock pot and 200ml of water. Cover with a lid and cook for 10 mins, remove the lid and allow the sauce to reduce by half. Now add the cider vinegar.



2 Peel and chop the onion in half through the root, then very thinly slice into half moon shapes. Peel and finely chop the garlic. Wash the leeks and finely chop into 1cm discs. Peel and chop the carrot into less than ½cm cubes. Finely chop the tarragon leaves (discarding the stalk).

5 Mash the potatoes once they are cooked and drained. Add half your carton of milk, a pinch of salt, pepper and 1 tbsp of butter (if you have some in the fridge).



3 Heat 1 tbsp of oil in a large frying pan over 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 minute and then remove. **Tip:** *The flour will help to tenderise the chicken and thicken the sauce later.*

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.



4 In the same pan, turn the heat down to medium and add the onion, garlic, leek and carrot, allow to soften for 4 mins. **Tip:** *If the pan goes too dry add a drop of*

7 Serve the chicken stew on top of your creamy mash.