



CHICKEN BECHAMEL BAKE

with Leek, Roast Potatoes and Carrots



HELLO LEEK

The Roman Emperor Nero believed eating leeks would improve his singing voice.



Potato



Carrot



Leek



Flat Leaf Parsley



Dried Thyme



Chicken Breast



Unsalted Butter



Plain Flour



Milk



Chicken Stock Powder



Panko Breadcrumbs

45 mins

2 of your 5 a day

Béchamel sauce (also known as white sauce) is one of the five mother sauces of French cuisine. Traditionally used as a base for other flavours, it is the main component for things like cauliflower cheese and fish pie. In this recipe, we've combined chicken with leeks and parsley in this rich and comforting sauce, topping it with a herby crumb and baking it until golden and bubbling. Warming, comforting, delicious.

MEAL BAG

3

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Frying Pan**, **Ovenproof Dish**, some **Kitchen Paper**, a **Whisk** and some **Foil**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Chop the **potato** into 2cm chunks (no need to peel). Trim the **carrot**, quarter lengthways, then chop into batons about the length of your index finger (no need to peel). Trim the root and the dark green leafy part from the **leek**. Halve lengthways then slice widthways about 1cm thick. Roughly chop the **parsley** (stalks and all).



2 ROAST THE VEGGIES

Pop the **potato** and **carrots** onto a lined baking tray and drizzle over some **oil**, then toss with a pinch of **salt** and the **dried thyme**. **★ TIP:** *You might need to use two baking trays for all the veggies, as you want them to be in a single layer so they crisp up.* Roast on the top shelf of your oven until crispy, 30-35 mins. Turn halfway through cooking.



3 START THE CHICKEN

Meanwhile, heat a splash of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. Fry until browned, 5-6 mins on each side, then place in an ovenproof dish. Pop your frying pan back on medium heat. Add the **leek**, a drizzle more **oil** if necessary along with a pinch of **salt** and **pepper**. Cook until softened, stirring occasionally, 5-6 mins. Remove from the pan to a bowl and wipe out the pan.



4 MAKE THE BECHAMEL

Add the **butter** to your pan (still on medium heat). Once melted, add the **flour** and stir. Cook until you have a smooth paste, 1-2 mins, stirring a couple of times. Gradually whisk or stir in the **milk** and **stock powder**, then bring to the boil, stirring to get rid of any lumps. Once boiling (and thick), remove from the heat and stir in the **leek** and **half** the **parsley**. Pour the **bechamel** on top of the **chicken** in your ovenproof dish.



5 BAKE THE CHICKEN

Mix the **panko breadcrumbs** with the remaining **parsley** and a glug of **oil**. Stir together and sprinkle on top of the **chicken** and **leek**. Move the **potato** and **carrot** to the second shelf and bake the **chicken** on the top shelf of your oven for 15-20 mins. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* If the **veggies** are cooked before the **chicken**, just take them out of your oven and cover with foil to keep warm.



6 FINISH AND SERVE

Once cooked, serve the **chicken bechamel bake** on plates with the **roast potatoes** and **carrots** alongside. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Carrot *	2	3	4
Leek *	1	1½	2
Flat Leaf Parsley *	½ bunch	1 bunch	1 bunch
Dried Thyme	½ pot	1 pot	1 pot
Chicken Breast *	2	3	4
Unsalted Butter 7) *	15g	20g	30g
Plain flour 13)	15g	20g	24g
Milk 7) *	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Panko Breadcrumbs 13):	30g	50g	60g

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 707G	PER 100G
Energy (kcal)	628	89
(kJ)	2625	371
Fat (g)	13	2
Sat. Fat (g)	7	1
Carbohydrate (g)	78	11
Sugars (g)	17	2
Protein (g)	51	7
Salt (g)	0.83	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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