



# CREAMY MUSTARD CHICKEN

with Mash and Stir-Fried Green Beans



## HELLO LEEK

*On St David's Day, the youngest recruits in the Welsh Guards are forced to eat a large raw leek!*



Leek



Green Beans



Potato



Chicken Breast



Crème Fraîche



Cider & Horseradish Mustard



Mustard Seeds



MEAL BAG

45 mins

1.5 of your 5 a day

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 mashed potato to soften the mustardy goodness. This mustard means business – particularly when you add the extra mustard seeds.

2

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Colander**, two **Frying Pans (with Lids)** and a **Potato Masher**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Put a large saucepan of water with a pinch of salt on to boil for the potato. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then slice widthways. Trim the **green beans**. Chop the **potato** into 2cm chunks (no need to peel). Add to the pan of boiling **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander, return to the pan (off the heat) and cover with a lid.



### 2 COOK THE CHICKEN

Meanwhile, heat a splash of **oil** in a frying pan on medium heat. Add the **leek** with a pinch of **salt** and **pepper**. Cook until soft, 5 mins, then transfer to a plate. Season the **chicken** with **salt** and **pepper**. Put another splash of **oil** in the frying pan. Fry the **chicken** until browned and cooked through, 8-10 mins each side. **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 3 MAKE THE SAUCE

Once the **chicken** is cooked, return the **leek** to the pan, add the **crème fraîche** along with the **cider and horseradish mustard**, and a splash of **water**. Stir and cook for another 3 mins until everything is combined and hot. Spoon a little of the **creamy sauce** over the **chicken** and set the pan aside, covering with a lid or foil to keep the **chicken** warm.



### 4 STIR-FRY THE BEANS

Heat a splash of **oil** in another frying pan on medium heat. Add the **mustard seeds** and cook for 30 seconds. Add the **green beans** along with a pinch of **salt** and **pepper**. Stir-fry until slightly softened, 3 mins, then add a splash of **water** to the pan, cover with a lid or some foil and cook until tender, another 4-5 mins.



### 5 MASH THE POTATO

Next add a pinch of **salt** and **pepper** to the drained **potato** in your pan, along with a knob of **butter** and a splash of **milk** (if you have some). Mash with a potato masher until smooth and keep warm with the lid on.



### 6 FINISH AND SERVE

When everything is ready, gently reheat the **chicken** and **sauce** if necessary (if the sauce is too thick, add a splash of hot water). Take the **chicken** out of the pan and cut into 2cm slices. Serve the **chicken** with the **mash**, the **stir-fried green beans** and a good helping of the **creamy mustard sauce**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                                    | 2P                            | 3P                           | 4P                              |
|------------------------------------|-------------------------------|------------------------------|---------------------------------|
| Leek *                             | 1                             | 1½                           | 2                               |
| Green Beans *                      | 1 medium pack<br>1 small pack | 1 large pack<br>1 large pack | 2 medium packs<br>2 small packs |
| Potato *                           | 2                             | 3                            | 4                               |
| Chicken Breast *                   | ½ pouch                       | ¾ pouch                      | 1 pouch                         |
| Crème Fraîche 7) *                 | ½ pot                         | 1 pot                        | 1 pot                           |
| Cider & Horseradish Mustard 9) 14) | ½ small pot                   | ¾ small pot                  | 1 small pot                     |

\*Not Included \* Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 586G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kJ/kcal)                  | 2138 / 511       | 365 / 87 |
| Fat (g)                           | 16               | 3        |
| Sat. Fat (g)                      | 6                | 1        |
| Carbohydrate (g)                  | 52               | 9        |
| Sugars (g)                        | 7                | 1        |
| Protein (g)                       | 47               | 8        |
| Salt (g)                          | 0.36             | 0.06     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard 14) Sulphites

**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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