



# LEEK & POTATO GRATIN

with Spinach and Goat's Cheese



## HELLO LEEK

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



Potato



Leek



Flat Leaf Parsley



Vegetable Stock Powder



Goat's Cheese



Italian Style Grated Hard Cheese



Panko Breadcrumbs



Baby Spinach



Crème Fraîche

The less experienced home chefs out there may be asking "grat what"? Well, this quick and absolutely delicious recipe is going to make gratin your new bestie! Gratin originated in French cuisine and is a culinary technique in which an ingredient is topped with a browned crust. In this recipe, we have used our HelloFresh favourites; panko breadcrumbs and creamy goat's cheese, giving this dish an indulgent, crispy crust.

35 mins

3 of your 5 a day

Veggie

MEAL BAG



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Wide Bottomed Saucepan, Measuring Jug** and **Ovenproof Dish**. Now, let's get cooking!



## 1 PREP THE VEGGIES

Put a large saucepan of water on to boil. Chop the **potato** into 2cm chunks (no need to peel). Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Add the **potato** to the pan of boiling water and simmer until cooked, 15-20 mins. **TIP:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain in a colander and keep to one side.



## 4 MAKE THE CRUST

Meanwhile, cut each **goat's cheese log** into four slices per person. Keep to one side. Combine the **Italian style hard cheese** with the **panko breadcrumbs** in a small bowl. Season with a pinch of **salt** and **pepper** then mix in the **olive oil** (see ingredients for amount). Keep to one side. Preheat your grill to its highest setting.



## 2 COOK THE LEEK

Heat a splash of **oil** in a wide bottomed saucepan on medium heat. Add the **leek** and cook, stirring frequently, 5 mins. **TIP:** *You want it to soften and not brown.* Meanwhile, roughly chop the **flat leaf parsley** (stalks and all).



## 5 FINISH THE GRATIN

Add the **baby spinach** to your **leek mixture**, stir and cook for a further 2 mins to make sure it wilts. Your **potato** should be cooked and drained by now, add it to the pan as well. Sprinkle in the **parsley** and then stir in the **crème fraîche**. Lower the heat and warm until the **crème fraîche** starts to bubble. Remove from the heat and taste the **mixture**. Add some **salt** and **pepper** if necessary.



## 3 SIMMER THE LEEK

Add the **stock powder** to the **leek** along with the **water** (see ingredients for amount). Stir to dissolve the **stock powder**, then reduce the heat to low and leave to simmer until the **stock** has reduced by half, 5-7 mins.



## 6 GRILL AND SERVE!

Spoon the **mixture** into an ovenproof dish and sprinkle the **cheesy breadcrumbs** on top. Finish with the **goat's cheese slices** and pop under your grill for 3-5 mins. You want the **goat's cheese** to melt and the **crumb** to brown nicely. **TIP:** *Keep an eye on it - you don't want to burn the crust!* Serve your **leek and potato gratin** in deep bowls. **Enjoy!**

# 2-4 PEOPLE INGREDIENTS

In order of use

|  | 2P            | 3P            | 4P            |
|--|---------------|---------------|---------------|
| Potato                                   | 1 small pack  | 1 large pack  | 2 small packs |
| Leek                                     | 2             | 3             | 4             |
| Flat Leaf Parsley                        | ½ bunch       | ¾ bunch       | 1 bunch       |
| Vegetable Stock Powder (10)              | 1 sachet      | 1½ sachets    | 2 sachets     |
| Water*                                   | 150ml         | 225ml         | 300ml         |
| Goat's Cheese (7)                        | 1 log         | 1½ logs       | 2 logs        |
| Italian Style Grated Hard Cheese (7) (8) | 1 pack        | 1½ packs      | 2 packs       |
| Panko Breadcrumbs (13)                   | 30g           | 50g           | 60g           |
| Olive Oil*                               | 2 tbsp        | 3 tbsp        | 4 tbsp        |
| Baby Spinach                             | 1 small bag   | 1 small bag   | 1 large bag   |
| Crème Fraîche (7)                        | 1 small pouch | ¾ large pouch | 1 large pouch |

\*Not Included

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 615G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal)                     | 742              | 121      |
| (kJ)                              | 3102             | 504      |
| Fat (g)                           | 44               | 7        |
| Sat. Fat (g)                      | 21               | 3        |
| Carbohydrate (g)                  | 68               | 11       |
| Sugars (g)                        | 10               | 2        |
| Protein (g)                       | 28               | 5        |
| Salt (g)                          | 2.09             | 0.34     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

(7) Milk (8) Egg (10) Celery (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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