



Leek Crusted Chicken with Roasted Potatoes and Carrots

Calorie Smart 40 Minutes • 2 of your 5 a day • Under 600 Calories

24



Potatoes



Carrot



Leek



Mint



Greek Style
Salad Cheese



Chicken Breast

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Saucepan, Baking Paper, Bowl, Cling Film and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	2	3	4
Leek**	1	1½	2
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** (7)	100g	150g	200g
Chicken Breast**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	644g	100g
Energy (kJ/kcal)	2213 / 529	344 / 82
Fat (g)	14	2
Sat. Fat (g)	9	1
Carbohydrate (g)	51	8
Sugars (g)	12	2
Protein (g)	53	8
Salt (g)	1.37	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **potatoes** and **carrots** onto a large baking tray.

TIP: Use two baking trays if necessary. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the top shelf of your oven until crispy, 25-30 mins.



Finish the Prep

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Break up the **Greek style salad cheese** into small pieces in a bowl. Sandwich each **chicken breast** between two pieces of baking paper or cling film (do two at a time). Pop onto a board, then give it a bash with the bottom of saucepan until it's 1-2cm thick.

IMPORTANT: Wash your hands after handling raw chicken and its packaging.



Cook the Leek

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek** until softened, 4-6 mins, stirring occasionally. Once soft, remove the **leek** from your pan and combine in the bowl with the **Greek style salad cheese**. Add the **mint**, stir together, and leave to the side.



Fry the Chicken

Put your frying pan back on medium-high heat and add a drizzle of **oil**. Season the **chicken** with **salt** and **pepper** then lay in the pan. Cook until golden brown, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Grill Time

Once cooked, pop the **chicken** on a baking tray and carefully spoon the **leek mixture** on top. Move your **potatoes** and **carrots** to the bottom shelf and turn your oven to grill setting to high heat. Grill the **chicken** until the **Greek style salad cheese** is starting to brown, 4-5 mins, then remove from your oven.



Serve

Serve the **crusted chicken** with the **roast potatoes** and **carrots** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.