



Creamy Chicken and Leeks with basmati rice

Family Quick Cook 25-30 mins • Eat me first

6



Chicken Breast



Cream



Leek



Garlic



Basmati Rice



Grated Italian Style
Hard Cheese



Parsley

Pantry Items: Oil, Butter, Salt, Pepper,
Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Lid, Pot, Sieve

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Cream 7)	250 g	500 g
Leek	1 unit	2 unit
Garlic	1 unit	2 unit
Basmati Rice	150 g	300 g
Grated Italian Style Hard Cheese 7)	25 g	50 g
Parsley	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	480 g	100 g
Energy (kJ/kcal)	4304.3 kJ/ 1028.8 kcal	896.7 kJ/ 214.3 kcal
Fat (g)	56.6 g	11.8 g
Sat. Fat (g)	3.8 g	0.8 g
Carbohydrate (g)	76.4 g	15.9 g
Sugars (g)	4.2 g	0.9 g
Protein (g)	49.1 g	10.2 g
Salt (g)	1.1 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

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Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins. Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Finish and Serve

- Once the **leeks** are cooked and tender, remove the lid.
- Add the **chicken, garlic, cream** and half the **grated cheese**. Mix and let reduce for 5-7 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Serve the **rice** on plates and spoon the **chicken** and **leek** sauce on top.
- Sprinkle with chopped **parsley** and remaining **grated cheese**.

Enjoy!



Brown the Chicken

- Cut the **chicken** into 2cm pieces. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Heat a drizzle of **oil** in a large pan over medium-high heat.
- Add the **diced chicken** and brown on all sides for 3-4 mins (it should not be fully cooked yet).
- Add **salt** and **pepper**. Transfer **chicken** out of the pan.



Cook the Leeks

- Return the (now empty) pan to medium-high heat and melt a knob of **butter**.
- Add the **leeks, salt** and **pepper**. Reduce heat to medium, cover and cook 8-10 mins, or until tender.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **parsley** (stalks and all).