



**HELLO
FRESH**

Chicken Breast on Creamy Ricotta Leeks

with Crispy Cheesy Potatoes and Green Beans

High Protein

Preparation time : 40 min.



Potatoes



British Chicken
Breasts



Mixed Herbs



Garlic Clove



Leek



Green Beans



Ricotta Cheese



Grated Hard
Italian Style Cheese



Water for the
Sauce



Honey



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chicken-breast-on-creamy-ricotta-leeks-147>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Garlic Press, Colander, Kettle, Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
British Chicken Breasts (unit(s))	2	3	4
Mixed Herbs (sachet(s))	1	1	2
Garlic Clove (unit(s))	2	3	4
Leek (unit(s))	1	1½	2
Green Beans (grams)	160	200	320
Ricotta Cheese (grams)	100	150	200
Grated Hard Italian Style Cheese (grams)	40	60	80
Water for the Sauce (milliliter(s))	75	125	150
Honey (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2454 kj
Energy (kcal)	587 kcal
Fat	17.7 g
of which saturates	8.2 g
Carbohydrate	64.9 g
of which sugars	21 g
Dietary Fibre	10.7 g
Protein	55.1 g
Salt	1.74 g

Allergens

Egg, Milk

Always check the product labels for allergen information.



Prep your Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay the **chicken breasts** flat in the pan. Fry until browned all over, 5 mins each side. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. Once the **chicken** is browned, pop it onto a baking tray lined with foil. Season with **salt** and **pepper** and sprinkle over the **mixed herbs**. Bake on the middle shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Finish the Prep

While everything cooks, wipe out the (now empty) **chicken** frying pan. Peel and grate the **garlic** (or use a garlic press). Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice. Trim the **green beans**.



Make your Cheesy Ricotta Leeks

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Once hot, add the **leek** and season with **salt** and **pepper**. Cook the **leek** until softened, 4-6 mins, stirring occasionally. Add the **garlic** and fry for 1 min more. Stir through the **ricotta** and **water for the sauce** (see pantry for amount) and cook until thickened slightly, 3-4 mins. Meanwhile, boil a half-full kettle. Pour the **boiled water** into a saucepan with ½ **tsp salt** and heat on high.



Finishing Touches

Bring the **water** back to the boil, then add the **beans** and cook until just tender, 4-6 mins. Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in some **olive oil**. When 5 mins of **chicken** and **potato** cooking time remain, drizzle the **honey** (see pantry for amount) over the **chicken**. Sprinkle **half** the **hard Italian style cheese** over the **potatoes**. Just before you're ready to serve, add the remaining **cheese** to the **ricotta sauce**. Taste and season if needed. Add a splash of **water** if the **sauce** is looking a little thick.



Dinner is Served

Once the **chicken** is cooked, remove to a board and slice widthways into 1cm slices. Spoon your **cheesy ricotta leeks** onto your serving plates and top with the **chicken slices**. Serve your **potatoes** and **green beans** alongside.

Enjoy your meal!