



Chicken and Belgian Style Stoemp aux Poireaux

with White Wine Dijon Sauce and Roasted Carrots

High Protein

Preparation time : 25 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/chicken-and-belgian-style-stoemp-aux-poireaux-176>

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, Large Saucepan, Lid, Colander, Bowl, Kettle, Pan, Potato Masher

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Carrot (unit(s))	3	4	5
British Chicken Breasts (unit(s))	2	3	4
Potatoes (grams)	450	700	900
Leek (unit(s))	1	2	2
White Wine Stock Powder (sachet(s))	1	1½	2
Creme Fraiche (grams)	75	120	150
Dijon Mustard (grams)	10	15	20
Water for the Sauce (milliliter(s))	150	225	300
Sugar for the Sauce (tsp)	1	1½	2
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2601 kj
Energy (kcal)	622 kcal
Fat	20.2 g
of which saturates	8.4 g
Carbohydrate	80 g
of which sugars	31.3 g
Dietary Fibre	16.5 g
Protein	45.8 g
Salt	2.98 g

Allergens

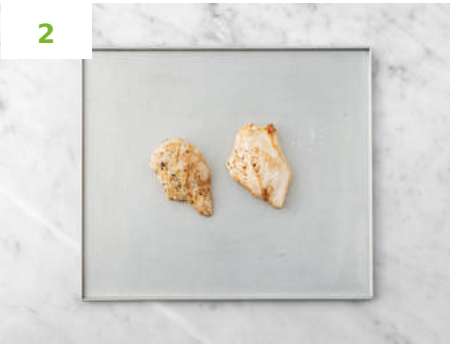
Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get Started

- a)** Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- b)** Trim the **carrots** (no need to peel). Cut into roughly 1cm wide, 5cm long batons.
- c)** Pop the **carrots** onto a large baking tray. Drizzle with **oil**, season with **salt and pepper**, then toss to coat. Spread out in a single layer.
- d)** Lay the **chicken** onto another baking tray, drizzle with **oil** and season with **salt and pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Time to Roast

- a)** When the oven is hot, roast the **carrots** on the middle shelf and the **chicken** on the top shelf until cooked through, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.
- b)** Turn the **carrots** halfway through.
- c)** Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). Pour the **boiled water** from your kettle into a large saucepan with ½ **tsp salt** for the **potatoes**.
- d)** Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



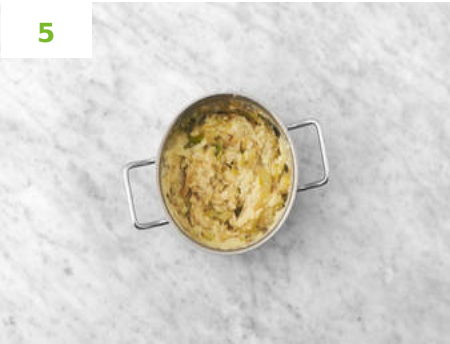
Fry the Leek

- a)** Meanwhile, trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.
- b)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- c)** Once hot, add the **leek** and season with **salt and pepper**. Cook until softened, 4-6 mins, stirring occasionally.
- d)** Transfer the **leek** to a bowl and cover to keep warm.



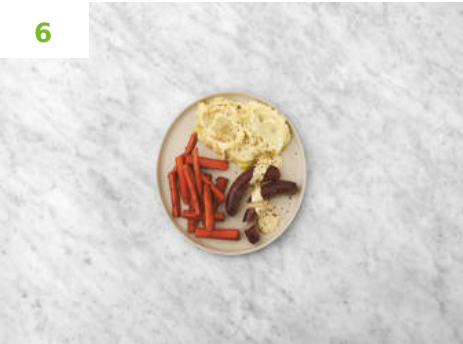
Make the Dijon Sauce

- a)** Pop the (now empty) frying pan back on medium heat (no need to clean or add oil).
- b)** Add the **water for the sauce** (see pantry for amount) and **white wine stock powder**. Stir until dissolved.
- c)** Bring to the boil, then lower the heat and simmer until thickened, 1-2 mins.
- d)** Stir in the **creme fraiche**, **Dijon mustard** and **sugar for the sauce** (see pantry for amount). Simmer for 1 min more, then remove from the heat. Add a splash more **water** if it's a little too thick.



Finish the Stoemp

- a)** Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.
- b)** Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.
- c)** Season with **salt and pepper**, then stir in the **fried leeks**. Cover with a lid to keep warm.
- d)** Once the **carrots** are ready, drizzle over the **honey** (see pantry for amount) and toss so they're nicely coated.



Serve

- a)** Share the **chicken** between your plates.
- b)** Spoon over the **white wine Dijon sauce** (reheat first if needed).
- c)** Serve the **stoemp** and **roasted carrots** alongside.

Enjoy your meal!