

Creamy mushrooms, leeks & chicken



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Preparation 25 mins | Cooking 45 mins | Serves 4

- 750g chicken thigh fillets, skin removed
- 1 tbs seasoned flour
- ½ cup olive oil
- 2 leeks, trimmed, halved lengthways and finely sliced
- 2 garlic cloves, thinly sliced
- ½ cup thyme sprigs
- ½ cup dry white wine
- 300g Swiss brown button mushrooms, sliced
- 1½ cups chicken stock
- 2 tbs lemon juice
- ½ cup light cream
- Baby spinach leaves and mashed butternut pumpkin, to serve

STEP 1 Dust chicken in seasoned flour. Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Add chicken and cook, turning occasionally, for 5 minutes or until golden. Remove to a plate and set aside.

STEP 2 Add remaining 2 tbs oil, leeks, garlic and thyme to pan. Cook, stirring often, over medium heat for 4-5 minutes until leeks are tender. Stir in wine and cook for 1 minute. Add mushrooms and cook, stirring often, for 3 minutes.

STEP 3 Add chicken, stock and lemon juice to pan. Partially cover and simmer, turning chicken occasionally, over low heat for 20 minutes. Stir through cream and season with salt and pepper to taste. Simmer for 5 minutes. Serve with baby spinach leaves and mashed butternut pumpkin.

Good for you... **LEEKS**

A good source of dietary fibre, which helps with normal laxation. Provide vitamin C which helps us absorb iron from food. The green parts of the leek are a source of several members of the carotenoid family, including beta carotene which the body converts to vitamin A.

