

Chicken, Leek and Mushroom Bake

This recipe only takes 30 minutes to prepare and then it bakes in the oven for 45 minutes, so you can do the washing up while it's cooking!



Milk and wheat (gluten)*

Nutritional information per portion (341g):

Energy 1159kJ 275kcal 14%	Fat 10g 15%	Saturates 3.6g 18%	Sugars 5g 6%	Salt 0.48g 8%
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of an adult's reference intake.
Typical values per 100g: energy 340kJ/81kcal.

Equipment

Weighing scales
Colander
Chopping board
Sharp knife
Clean, damp cloth
Large saucepan
Measuring spoons
Wooden spoon
Measuring jug
Peeler
Grater
Large ovenproof dish
Oven gloves

Ingredients

Serves 4
2 leeks
200g mushrooms
1 x 5ml spoon vegetable oil
400g uncooked diced chicken
2 x 5ml spoons plain flour
250ml semi-skimmed milk
1 x 5ml spoon dried mixed herbs
3 large potatoes
50g reduced-fat mature Cheddar cheese

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Slice the potatoes as thinly as possible so they cook right through. You don't want hard potatoes! If you like you can parboil the potatoes for 5 minutes before slicing and adding to the top of the chicken mixture.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash the leeks. Slice the ends off and chop into pieces around 2cm thick.
3. Wipe the mushrooms with a clean, damp cloth. Finely slice the mushrooms.
4. Heat the oil over a high heat and then add the diced chicken. Stir for 5-10 minutes until the chicken is cooked. It will change colour from pink to white.
5. Add the chopped leeks and mushrooms and cook for 5 minutes until they start to soften.
6. Stir in the plain flour until there are no lumps of flour. Pour on the milk and stir well until mixed. Turn the heat down, add the dried herbs and cook for 5 minutes, stirring occasionally.
7. While the chicken mixture is cooking, peel the potatoes. Carefully cut them into slices as thinly as possible. Grate the cheese.
8. Pour the chicken mixture into the ovenproof dish. Arrange the sliced potatoes on top. They should overlap (like the slates on a roof). Sprinkle the cheese on top.
9. Bake in the oven for 45 minutes until the cheese is bubbling and has started to brown.

Something to try next time

- Swap the leeks for 1 head of broccoli. It works well with this creamy sauce. Cut into small florets and cook in boiling water for 4-5 minutes, drain and add at step 6.

Prepare now, eat later

- Prepare up to 24 hours ahead but parboil the potatoes to prevent them from turning brown before cooking.
- Cool any leftovers quickly, cover and keep in the fridge for up to 24 hours and reheat only once until piping hot.

Skills used include:

Washing, weighing, peeling, chopping, grating, boiling/simmering, frying and baking.