



Chicken and Braised Leeks

with Orange and Toasted Almonds



20-30min



4 Portions

Edge out the carbs and amp up the goodness with this nutrient-rich recipe. Leeks and broccoli are powerhouses, containing, among other things, carotenoids. These promote healthy skin, bones and immune function. Green beans deliver plenty of minerals and vitamins, heart-healthy almonds give you vitamin E, B2 and magnesium and we all know oranges are full of Vitamin C. There's plenty of fibre in ...

What we send

- broccolini
- flaked almonds ¹⁵
- trimmed leeks
- chermoula blend spice ¹⁷
- orange navel
- beans
- free range breast chicken

What you'll require

- Australian honey
- olive oil
- salt and pepper

Utensils

- large frypan with lid
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 490kcal, Fat 22.8g, Carbs 22.3g, Proteins 44.4g



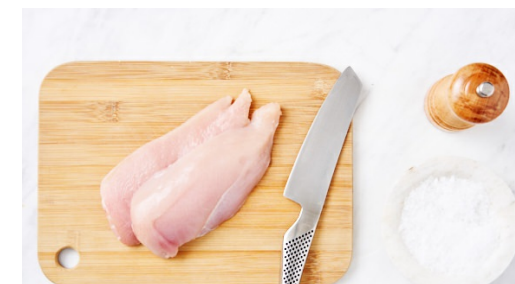
1. Prepare leek

Trim the **leeks** and wash to remove any grit. Thinly slice the pale part, discarding the dark green ends. Juice **the orange**.



2. Toast almonds

Toast the **almonds** in a cold large frypan over medium heat, tossing the pan, for 3-4 mins until golden. Remove the almonds and set aside, reserving the pan.



3. Cut chicken

Lay the **chicken** flat on a board. With one hand on top, cut each breast in half horizontally to give 4 flat fillets. Bring a medium saucepan of **salted water** to the boil for the vegetables.



4. Cook chicken

Heat **1½ tbs olive oil** in the reserved pan over medium-high heat. Season the **chicken** with **salt and pepper** then cook for 3-4 mins each side until browned and cooked through. Remove from the pan, reserving the pan, and cover to keep warm.



5. Braise leeks

Add **1½ tbs olive oil** to the reserved frypan. Add the **leeks** and **chermoula spice blend** and cook, stirring, for 5 mins or until leeks start to soften. Add **2 tbs honey** and the **orange juice**. Stir to combine and simmer for a further 6-8 mins until leeks have softened. Season with **salt and pepper**.



6. Cook vegetables

While the leeks are braising, trim the **broccolini** and **beans**. Cook in the saucepan of boiling water for 3 mins or until tender. Drain. Divide the **braised leeks**, **greens** and **chicken** among plates, scatter over the **almonds** and serve.