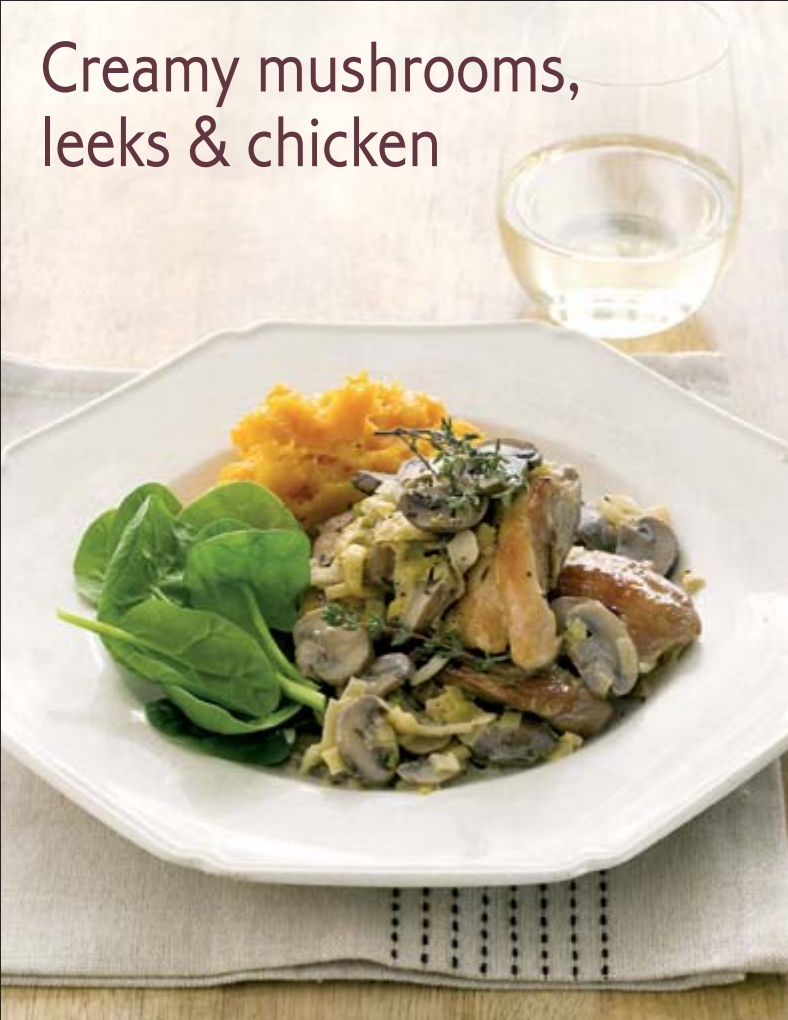


# Creamy mushrooms, leeks & chicken



## Creamy mushrooms, leeks & chicken

**Preparation:** about 20 minutes

**Cooking:** about 35 minutes **Serves:** 4

750g chicken thigh fillets, skin removed

1 tbs seasoned flour

1/3 cup olive oil

2 leeks, trimmed, halved lengthways and finely sliced

2 garlic cloves, thinly sliced

1/3 cup thyme sprigs

1/2 cup dry white wine

300g Swiss brown button mushrooms, sliced

1 1/2 cups chicken stock

2 tbs lemon juice

1/2 cup light cream

Salt and freshly ground black pepper

Baby spinach leaves and mashed butternut pumpkin, to serve

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.
2. Add remaining 2 tbs oil, leeks, garlic and thyme to pan. Cook, stirring often, over medium heat for 5 minutes until tender. Stir in wine and cook for 1 minute. Add mushrooms and cook, stirring often, for 3 minutes.
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, season with salt and pepper to taste and simmer for 5 minutes. Serve with baby spinach leaves and mashed butternut pumpkin.



### Mushrooms

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin.
- These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).