



CHICKEN WITH CREAMY LEEKS

AND KUMARA WEDGES

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 50 minutes

Seasoned oven-baked chicken served on cheesy, creamy leeks with kumara wedges.
This warming meal has a restaurant quality feel to it.



KUMARA WEDGES

- ☐ 800g red kumara (1lb 12oz)
- ☐ 1 Tbsp olive oil

CHICKEN

- ☐ 1 tsp garlic powder
- ☐ 1 tsp Italian herbs
- ☐ 1/2 tsp salt
- ☐ 600g boneless, skinless chicken thighs (1lb 5oz)
- ☐ 1 tsp olive oil

CREAMY LEEKS

- ☐ 1 large leek
- ☐ 2 cloves garlic
- ☐ 1 Tbsp butter
- ☐ 1 cup chicken stock (250ml)
- ☐ 80g lite cream cheese (2.8oz)
- ☐ 120g baby spinach (4.2oz)
- ☐ 1/3 cup grated parmesan (30g)

1. Preheat oven to 210°C (410°F) bake and line two oven trays with baking paper.
2. **MAKE WEDGES**
Peel kumara (or scrub clean) and cut into wedges. Place on one of the prepared trays, drizzle with oil and season generously with salt and pepper. Use your hands to mix well, then arrange in a single layer. Cook in the upper half of the oven for 15 minutes.
3. **PREPARE CHICKEN**
Meanwhile, mix garlic powder, herbs and salt together. Sprinkle all over chicken. Heat oil in a large frying pan on medium-high. Sear chicken (you may need to do this in batches) for a minute each side, until browned. Transfer to second oven tray.
4. Once wedges have cooked for 15 minutes, move tray to the lower half of the oven and place the chicken above. Cook for 20-25 minutes, until chicken is cooked through and wedges are golden and crisp.
5. **MAKE CREAMY LEEKS**
Clean leek well and slice into thin half rings. Crush garlic. Melt butter on medium heat in pan used to brown chicken (wipe it out first if you prefer). Add leek and garlic. Cook, stirring occasionally, until leek is tender (about 5 minutes). Add stock and simmer until it has reduced by about one third. Stir in cream cheese. Add spinach and parmesan and cook until spinach has wilted and parmesan has melted. Season to taste with salt and pepper. Reduce heat to low.
6. **SERVE**
Divide creamy leeks between warmed serving plates and top with chicken (slice it or leave whole). Serve with wedges on the side.



WINE MATCH: A unoaked Chardonnay.

CHICKEN WITH CREAMY LEEKS RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free chicken stock.

INGREDIENT SWAPS / NOTES: If you have some aioli in the fridge, this makes a nice dip for the kumara wedges!

BUDGET TIP: Swap the kumara for regular potatoes. You could use chicken drumsticks instead of thighs (you'll need to cook them for longer - place them in oven at the same time as the wedges, so they cook for 35-40 minutes).

STORING AND REHEATING: Chicken and creamy leeks can be stored together and reheated in the microwave. Kumara wedges are best reheated in the oven or frying pan, otherwise they tend to go soggy.