

Creamy Chicken Stew



Serves 3 **Prep 10 mins**

Cooking 55 mins

Easy

Ingredients

1 baby leek, halved and finely sliced
1 shallot
1 tbsp olive oil, + extra if needed
1/2 tbsp butter
4 chicken thighs
300ml chicken stock
1 tsp Dijon mustard
40g creme fraiche
100g frozen peas
2 tbsp dried or fresh breadcrumbs
small bunch of parsley, finely chopped

1. Tip the leek, shallot & oil into a flameproof casserole dish on a low heat, add the butter & cook everything very gently for 10 mins or until the leek and shallot are soft.
2. Put the chicken, skin-side down, in a large non-stick frying pan on a medium heat, cook until the skin browns, then turn and brown the other side. You shouldn't need any oil but if the skin starts to stick, add a little. Add the chicken to the leek and shallot mixture, leaving behind any fat in the pan.
3. Add the stock to the dish and bring to a simmer, season well, cover and cook for 30 mins on low. Stir in the mustard, creme fraiche and peas and bring to a simmer. You should have quite a bit of sauce.
4. When you're ready to serve, put the grill on. Mix the breadcrumbs and parsley, sprinkle them over the chicken and grill until browned.
5. Goes well with smashed mini jacket potatoes:
<https://www.bbcgoodfood.com/recipes/smashed-mini-jackets>