



St David's leek & chicken hotpot

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baking potatoes peeled cut into chunks
- ☐ 2 leek thick washed cut into slices and
- ☐ 3 medium carrots peeled cut into 3cm/1¼in slices
- ☐ 300 ml chicken stock see hot
- ☐ 4 chicken breast diced boneless skinless
- ☐ 3 tbsp double cream
- ☐ 1 tbsp parsley fresh chopped
- ☐ 4 servings bread

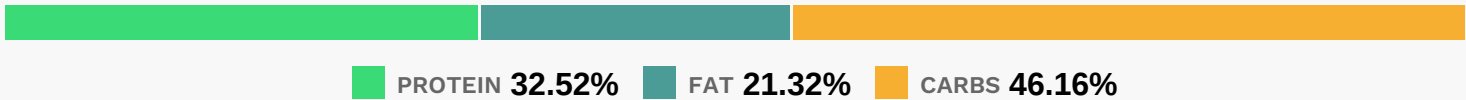
Equipment

- ☐ knife
- ☐ microwave

Directions

- ☐ Cook the veg: Toss the potatoes, leeks and carrots together in a shallow microwave-safe dish with some salt and pepper.
- ☐ Pour over the stock. Cover the dish with cling film and pierce a few times with the point of a knife. Cook on High for 10 minutes until the potatoes are just starting to become tender.
- ☐ Remove the dish from the microwave, peel off the cling film and stir in the chicken. Cover the dish with fresh cling film and pierce again, then cook on High for 6 minutes or until the chicken is cooked and succulent.
- ☐ Remove the dish from the microwave, uncover and stir in the cream and parsley plus black pepper to taste.
- ☐ Serve straight from the dish, with bread to mop up the juices.

Nutrition Facts



Properties

Glycemic Index:63.56, Glycemic Load:25.51, Inflammation Score:-10, Nutrition Score:30.475217477135%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 401.56kcal (20.08%), Fat: 9.51g (14.62%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 41.69g (15.16%), Sugar: 7.71g (8.56%), Cholesterol: 87.31mg (29.1%), Sodium: 421.68mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.62g (65.25%), Vitamin A: 8668.02IU (173.36%), Vitamin B3: 16.3mg (81.51%), Vitamin B6: 1.46mg (73.14%), Selenium: 47.15µg (67.36%), Vitamin K: 46.56µg (44.34%), Manganese: 0.8mg (39.95%), Phosphorus: 391.2mg (39.12%), Potassium: 1224.02mg (34.97%), Vitamin B1: 0.36mg

(24.09%), Vitamin B5: 2.38mg (23.8%), Magnesium: 87.61mg (21.9%), Folate: 86.1µg (21.53%), Vitamin C: 17mg (20.61%), Vitamin B2: 0.35mg (20.31%), Iron: 3.64mg (20.24%), Fiber: 4.62g (18.47%), Copper: 0.3mg (14.97%), Calcium: 106.87mg (10.69%), Zinc: 1.56mg (10.42%), Vitamin E: 1.12mg (7.49%), Vitamin B12: 0.24µg (4.07%), Vitamin D: 0.29µg (1.95%)