



Creamy chicken stew

Lulu Grimes

Serves 4-6	Easy
Prep: 10 mins	Cook: 55 mins

Cook this creamy, comforting stew to serve with our smashed mini jacket potatoes. This warming one-pot with chicken, peas and leeks is perfect for a special family meal

[Read more](#)

- Freezable
- Egg-free
- High-protein
- Keto
- Low carb
- Nut-free

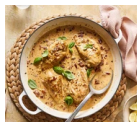


Alternatives

Complete the dish



Chicken & chorizo jamb
★★★★★ 2834 ratings



'Marry me' chicken
★★★★★ 236 ratings



Creamy tuscan chicken
★★★★★ 75 ratings



Ingredients

3 leeks
halved and finely sliced

2 tbsp olive oil
plus extra if needed

1 tbsp butter

8

small chicken
thighs

500ml chicken stock

1 tbsp
Dijon mustard

75g
crème fraîche

200g
frozen peas

3 tbsp dried or fresh breadcrumbs

small bunch of
parsley
finely chopped

Method

Step 1

Tip the leeks and oil into a flameproof [casserole dish](#) on a low heat, add the butter and cook everything very gently for 10 mins or until the leeks are soft.

Step 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 leeks, leaving behind any fat in the pan.

Step 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, crème fraîche and peas and bring to a simmer. You should have quite a bit of sauce.

Step 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.

