

# CHICKEN, LEEK, BROCCOLI AND CAULIFLOWER CHEESE



This is a delicious and easy midweek meal.

**COOKING TIME: 35 MIN**

**CALS 512.8 | PROT 69.7G | CARBS 19.7G | FAT 13.6G**



## TIPS FOR FUSSY EATERS

Keep the parsley separate.

## PRO TIP

Leeks are a member of the onion family and are related to shallots, garlic, chives, and scallions. They have a sweet, delicate flavor all their own.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken Breast	400g	500g	600g
Thyme	2g	3g	4g
Nutmeg	2g	3g	4g
Cauliflower	500g	750g	1kg
Leek	1/2	2/3	1
Broccoli	200g	300g	400g
Labneh	100g	150g	200g
Milk	100ml	150ml	200ml
Parmesan	40g	60g	80g
Parsley	10g	15g	20g



## 1 COOK

Preheat oven to 220°C. Cut the **cauliflower** and **broccoli** into florets and cook in boiling **salted water** for 5-6 minutes until tender. Drain.



## 2 CLEAN AND CUT

Clean and slice the **leek**. Cut the **chicken** into cubes.



## 3 FRY

Heat a small spoon of **oil** in a large pan at medium heat and fry the **chicken** and **leeks** for 4-5 minutes until nicely browned. Season with **salt** and **pepper**.



## 4 BAKE AND SERVE

Place the **cauliflower**, **broccoli** and **chicken** with the **leek** in a baking dish and prepare the cheese mix by stirring together the **labneh** and **milk**. Add **salt**, **pepper**, **thyme**, and **nutmeg** into the cheese mix to taste. Pour the mix on top of the **chicken** and vegetables and sprinkle with the grated **parmesan** cheese. Cook in the oven for 20 minutes or until the cheese bubbles and gets a beautiful roasted color. Serve the **chicken** and veggie cheese with freshly chopped **parsley**.

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