

Chicken, leek and corn one-pot

This recipe saves on fuel and washing up as it's all made in one pan, plus it's great for scaling up for events and large families. Can be adapted to be meat-free.

Skill: ★★★ Cost: £££ Equipment: ★★★

Store-wise:

Cool quickly, cover and keep in the fridge for up to 3 days. Make sure it's piping hot all the way through when reheated.

Can be frozen for up to 3 months. Defrost in the fridge before use.

Portion-wise

Makes 6 adult portions served with a side of green vegetables. See overleaf for detailed serving guidance.

Equipment

- chopping board
- sharp knife
- large saucepan with a lid
- garlic crusher
- potato peeler
- measuring jug
- wooden spoon or spatula

Allergy-aware
This recipe contains
Milk (cream)
Celery (stock cube)

Ingredients

- 2 cobs of fresh sweetcorn or 300g frozen corn kernels
- 2 tablespoons olive or rape oil
- 2 mild red chillis – de-seeded and finely sliced
- 2 rashers un-smoked streaky bacon – diced
- 1 onion – peeled and chopped
- 2 garlic cloves – peeled and crushed
- 2 leeks – washed, halved lengthwise and sliced
- 2 large potatoes – peeled and cut into small cubes
- 4 chicken thighs – skinned, boned and diced
- 1 **chicken or vegetable stock cube** – made up with 750mls of water
- 1 small carton **single cream** or **crème fraiche** (optional)
- 1 tablespoon chives or parsley – chopped (optional)
- ground black pepper

How to make it

1. Cut the kernels from the fresh sweetcorn cobs by standing them upright on a chopping board and cutting downwards in a sawing action.
2. Heat the oil in a large pan, add the chopped chilli, diced bacon and chopped onion, garlic and leeks. Fry gently for about 10 minutes, without browning.
3. Add the cubed potatoes, diced chicken, corn and stock and simmer for 20–30 minutes until the chicken is cooked throughout and the potatoes have softened.
4. Stir in the cream and herbs, if using.
5. Season with plenty of freshly ground black pepper and serve piping hot with a side portion of green veg.

Eat well

- This recipe provides a variety of ingredients from the [4 main food groups](#) and therefore makes a nutrient rich meal for all the family.
- The chicken can be replaced by a vegetable-based protein such as peas, beans or lentils, e.g. chickpeas, butter beans, borlotti beans, blackeye beans or kidney beans.
- The recipe is suitable for all the family. Accompany it with some spring greens and extra potato for those who are active and hungry and who need more energy. For children under 5 years cook without stock to reduce the salt. Adults can season separately
 - ✓ for babies 7–12 months: serve a 60g portion; chop or mince to the desired consistency; serve the potatoes separately cut into slices as a finger food.
 - ✓ for children 1–4 years: serve a 110g portion
 - ✓ For older people who may have difficulty chewing: the consistency of this recipe is moist and easy to chew but can be adapted to be a smoother texture by blending or mashing; add extra cream to increase the calories in a portion for those with a small appetite.

Shopping

- Chicken thighs are used in this recipe as they are much cheaper than chicken fillets and also a lot tastier in a stewed recipe
- Stock cubes are a store-cupboard essential for soups and casseroles. It might be cheaper to buy a carton of bouillon powder rather than individual stock cubes. Choose products with reduced salt.

Cooking Together

- One-pot recipes like this are easy to cook in large quantities to fill the freezer. Just be aware when scaling up that you might not need as much seasoning and stock powders, so go easy and season to taste.
- There are lots of preparation jobs in this recipe so it's good for cooking together. The easier tasks for young children to get on with include dicing potatoes, crushing garlic, washing and chopping leeks. This recipe can be adapted in lots of ways – turn it into a creamy curry by adding curry paste when softening the onions; leave out the bacon if you don't eat pork; add butternut squash to the recipe.

Sustainability – good for you, good for the planet

- Make this recipe in the Autumn with freshly harvested sweetcorn.
- Use all the leek in this recipe – don't throw away the tougher green layers as it will soften well and adds lots of flavour.
- This recipe makes a small amount of chicken go a long way, making it more affordable to buy higher welfare meat like free-range and organic.

Food safety

Raw chicken carries bacteria so try not to cross-contaminate equipment and surfaces around your work area. Avoid washing raw chicken as the water that splashes up will contain bacteria.

Clean everything that's been in contact with the raw meat with hot soapy water and sanitise work areas with an anti-bacterial spray.

It is important to cook chicken all the way through – there shouldn't be any pink juices in the centre of the meat.