Posted on 29 May 2017

by Liz Robb

Herbed Chicken, Creamed Leeks And Wild Garlic Mash

Ingredients

2 chicken breasts
A few sprigs of rosemary
A few sprigs of thyme
1 clove of garlic
Salt and black pepper
Olive oil
2 large floury potatoes
A handful of wild garlic
Butter
Creme fraiche
2 large leeks
Fresh nutmeg

Servings
2
Person

Preparation

1. Preheat the oven to 200 degrees, 180 degrees fan oven. Lightly grease and warm a small oven tray. Remove the skin from the chicken.
2. Finely chop the rosemary and thyme leaves then peel and crush the garlic. Season the chicken, drizzle with oil and scatter on the herbs and garlic.
3. Bake for approximately 30 minutes, or until the chicken is cooked through and lightly browned.
4. Peel the potatoes and chop into chunks. Simmer in boiling water for 15-20 minutes until tender. Drain and leave to steam for a minute or two.
5. Sauté the finely sliced wild garlic leaves in a large knob of butter for less than a minute.
6. Mash the potatoes with a tablespoon or two of creme fraiche then stir in the sauteed wild garlic and butter. Season to taste.
7. Remove the outer layers, trim and finely slice the leeks.
8. Saute gently in butter for 3 minutes, stir in a heaped tablespoon of creme fraiche and cook for 2 minutes. Add a nutmeg grating and season to taste.
9. Serve the chicken on a bed of creamed leeks accompanied by a spoonful of wild garlic mash.

Cooks Note

The woods in the UK are carpeted with banks of wild garlic just now, and this is just one way to use it, in soft creamy mashed potato. Serve with buttery leeks and garlicy herbed chicken breasts.

Of course, you may not have access to wild garlic; just use a little of the usual garlic, or some finely sliced spring onion instead.