

LEEK STEW WITH CHICKEN, TOMATO AND MOZZARELLA



2 persons / 563 kcal per person

Ingredients:

- 400 grams of floury potato
- 150 grams of leeks
- 2 tablespoons olive oil
- 1 clove of garlic
- 25 grams tomato puree
- ½ teaspoon dried oregano
- ½ teaspoon chili flakes
- 200 grams chicken thigh fillet
- 125 grams of cherry tomatoes
- 65 grams mozzarella
- pepper and salt

Preparation:

Cut the leek in half lengthwise and cut it into half rings of about ½ cm. Finely chop the garlic cloves. Cut the cherry tomatoes in half. Cut the chicken thigh fillets into strips. Boil the potatoes in plenty of water, with salt, for ~13 minutes. Reserve 1 cup of cooking liquid when draining. Meanwhile, heat 1 tbsp oil in a frying pan and fry the leeks over a very low heat for 10 minutes until very soft. Turn regularly. Meanwhile, heat in another pan 1 tbsp oil and fry the garlic over low heat for 2 minutes. Add the tomato paste and cook for a further 2 minutes.

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Add the oregano, chili flakes and chicken breast strips and stir-fry over medium heat for 5 minutes. Fry the cherry tomatoes for 2 minutes. Season with pepper. Drain the mozzarella well and cut into pieces. Finally this through the chicken with tomato and let it melt off the heat. Mash the potatoes, with some cooking liquid if necessary, to a nice puree. Stir in the leek and season with salt and pepper. Serve the mozzarella chicken with the stew.

Nutritional value per person:

Energy:	563 kcal
Protein:	31.2 grams
Carbohydrates:	44.5 grams
- including sugars:	9.4 grams
Fat:	27.2 grams
Fiber:	7.0 grams
Salt:	1.7 grams