

DINNERLY



Chicken & Dumplings with Leeks, Carrots & Peas



40-50min



2 Servings

According to the one and only Dolly Parton, chicken and dumplings is pure "good ol' fashion Southern soul food." She ain't wrong. But more importantly, it's EASY soul food. Cook the veggies, add the broth, and drop in the biscuits. Perfect for snuggling up on the couch and watching "Sweet Home Alabama." Share it with a friend or don't—we won't judge. We've got you covered!

WHAT WE SEND

- 7 oz leek
- 1 small bag carrots
- ½ lb pkg chicken breast strips
- 5 oz self-rising flour ³
- 1 pkt chicken broth concentrate
- 5 oz peas

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- butter ¹
- ½ cup milk ¹
- 1 large egg ²

TOOLS

- microwave
- medium pot with a lid

ALLERGENS

Milk (1), Egg (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 710kcal, Fat 26g, Carbs 83g, Protein 44g



1. Prep ingredients

Quarter **leek** lengthwise, then rinse under running water. Pat dry and cut into ½-inch pieces. Scrub **carrot**, then cut into ¼-inch rounds. Finely chop **1 teaspoon garlic**.

In a small bowl, toss **chicken** with **1 teaspoon salt** and **½ teaspoon pepper**; set aside for step 5.

In a medium microwave-safe bowl, microwave **1 tablespoon butter** until melted; reserve for step 3.



2. Make stew

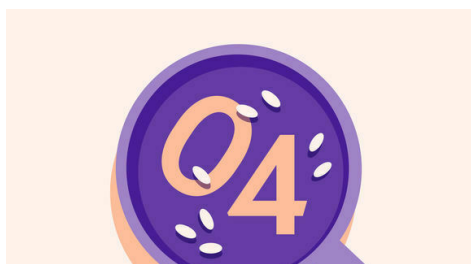
In a medium pot over medium-high heat, melt **2 tablespoons butter**; add **leeks, carrots, and a pinch of salt**. Cook, stirring occasionally, until softened, 6–8 minutes. Add **chopped garlic** and **1 tablespoon flour**; cook, stirring, 1 minute. Whisk in **1¼ cups water, ¼ cup milk, and broth packet**. Bring to a boil. Lower heat to medium; simmer until slightly thickened, 3–4 minutes.



3. Make dumplings

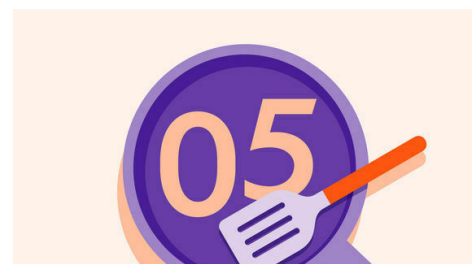
Off heat, season pot with **stew** to taste with **salt** and **pepper**.

In bowl with **reserved melted butter**, whisk to combine **¼ cup milk** and **1 large egg**. Stir in **remaining flour** and **¼ teaspoon salt** with a fork until a shaggy dough forms and no dry streaks of flour remain.



4. Cook dumplings

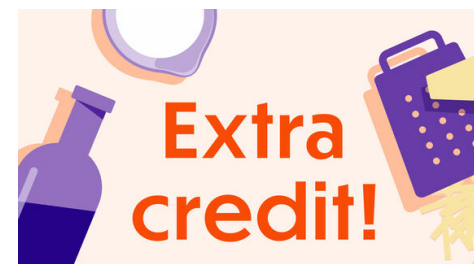
Return pot with **stew** over medium heat and bring to a gentle simmer. Using a tablespoon measure or spoon, drop **dumpling dough** in 1-inch balls directly into stew. Cover and cook over medium-low heat until dumplings have puffed and doubled in size, about 12 minutes.



5. Cook chicken & serve

Add **chicken** and **peas** to **stew**, scattering around **dumplings**; press down gently with spatula to submerge. Cover and simmer until chicken is cooked through and a toothpick inserted into the center of a dumpling comes out clean, 3–5 minutes.

Serve **chicken and dumplings** in bowls with **broth, carrots, and peas** ladled over top. Enjoy!



6. Serve with cornbread!

You can't have Southern food without cornbread, and what's better to soak up that yummy stew with? Make it from scratch or buy your favorite from the store!