

Chicken and Carrot Stew

Ingredients

- 2 cups 1/4-inch-thick rounds peeled carrots (about 3 medium-large)
- 1 1/2 cups thinly sliced leeks (white and pale green parts only; about 2 medium)
- 1 1/4 pounds skinless boneless chicken thighs, cut into 2-inch cubes
- Sea salt
- 2 tablespoons all-purpose flour
- 1 teaspoon chopped fresh thyme
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 1/2 cup dry white wine
- 1/2 cup low-salt chicken broth
- 1/2 cup heavy whipping cream
- 1 tablespoon Dijon mustard
- 1/4 cup chopped fresh Italian parsley
- Fresh thyme sprigs (for garnish)

Preparation

Cook carrots in large saucepan of boiling salted water 3 minutes. Add leeks to pan with carrots and cook until carrots are tender, about 3 minutes longer. Drain; set aside.

Sprinkle chicken with sea salt and freshly ground black pepper. Whisk flour, thyme, and paprika in medium bowl. Toss chicken in flour mixture. Heat oil in a heavy large nonstick skillet over medium- high heat. Add chicken to skillet and cook until browned, about 2 minutes per side. Add wine; boil until reduced by half, 2 to 3 minutes. Scatter carrots and leeks over chicken. Add broth, cover, and simmer until chicken is cooked through, about 15 minutes. Add cream and mustard. Stir until sauce thickens slightly, about 2 minutes. Season sauce to taste with sea salt and pepper. Transfer to large shallow bowl. Scatter parsley over and garnish with thyme sprigs.