



# Lemon Pepper Chicken & Dijon Hollandaise

with Potato Mash & Steamed Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli Florets



Chicken Breast



Lemon Pepper Spice Blend



Hollandaise



Dijon Mustard

Prep in: 25-35 mins  
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

Are you as crazy about a dijon hollandaise as we are? It goes without saying that adding it to a zesty chicken is a game changer for dinner time. Serve with a fluffy mash and we're sure you'll be this dinner's number one fan.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Milk, Honey

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
chicken breast	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
<b>honey*</b>	1 tsp	2 tsp
hollandaise	1 medium packet	2 medium packets
dijon mustard	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1801kJ (430Cal)	327kJ (78Cal)
Protein (g)	42.4g	7.7g
Fat, total (g)	10.8g	2g
- saturated (g)	2g	0.4g
Carbohydrate (g)	40.7g	7.4g
- sugars (g)	15.2g	2.8g
Sodium (mg)	752mg	136mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Make the mash

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return **potato** to the pan. Add the **butter** and **milk**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

**Little cooks:** Get those muscles working and help mash the potatoes.

Careful, the pan may be hot!

3



## Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **chicken**, **lemon pepper spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove from heat, add the **honey** and turn **chicken** to coat.

**TIP:** The chicken is cooked through when it's no longer pink inside.

2



## Steam the veggies

- Meanwhile, cut **carrot** into thin sticks.
- Place a colander or steamer basket on top of the saucepan, then add **carrot** and **broccoli florets**.
- Cover with a lid and steam until tender, **7-10 minutes**.
- Transfer to a medium bowl and season to taste. Cover to keep warm.

4



## Serve up

- In a small bowl, combine **hollandaise** and **dijon mustard** (see ingredients).
- Slice lemon pepper chicken.
- Divide chicken, mash and steamed veggies between plates.
- Serve with dijon hollandaise. Enjoy!

**Little cooks:** Kids can help combine the hollandaise and mustard.

## Rate your recipe

Did we make your tastebuds happy?

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