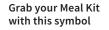


Lemon Pepper Chicken & Dijon Hollandaise with Potato Mash & Steamed Veggies

KID FRIENDLY













Broccoli Florets

Chicken Breast



Lemon Pepper Spice Blend



Hollandaise



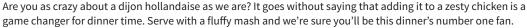
Dijon Mustard



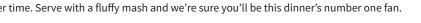
Prep in: 25-35 mins Ready in: 25-35 mins

Eat Me Early









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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	1/4 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	
honey*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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.



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.



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.



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