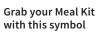


Golden Chicken & Cheesy Pepper Veggie Mash

with Tartare Sauce & Apple Slaw

NEW

KID FRIENDLY









Black Peppercorns





Chicken-Style

Stock Powder

Carrot



Grated Parmesan



Chicken Breast

Tartare Sauce

Cheese



Aussie Spice



Shredded Cabbage









Prep in: 15-25 mins Ready in: 25-35 mins

Carb Smart Eat Me Early

CarbSmart* *Custom Recipe is not Chicken is usually the star of the show, especially in a mouth-watering spice and tartare sauce, but you may argue that this veggie mash has it going on and giving chicken a run for it's money. The Parmesan cheese with peppercorns adds that sharp punch of flavour that takes this mash all the way to number one.

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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 · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
black peppercorns	½ sachet	1 sachet		
potato	1	2		
carrot	1	2		
butter*	20g	40g		
chicken-style stock powder	1 medium sachet	1 large sachet		
grated Parmesan cheese	1 medium packet	1 large packet		
chicken breast	1 packet	1 packet		
Aussie spice blend	1 medium sachet	1 large sachet		
apple	1	2		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
vinegar* (white wine or rice wine)	drizzle	drizzle		
tartare sauce	1 medium packet	1 large packet		
chicken breast**	1 packet	1 packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2311kJ (552Cal)	459kJ (110Cal)
Protein (g)	42.1g	8.4g
Fat, total (g)	27.7g	5.5g
- saturated (g)	10.3g	2g
Carbohydrate (g)	32.4g	6.4g
- sugars (g)	16.1g	3.2g
Sodium (mg)	1405mg	279mg
Dietary Fibre (g)	7.8g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (729Cal)	461kJ (110Cal)
Protein (g)	75.8g	11.4g
Fat, total (g)	32.9g	5g
- saturated (g)	11.8g	1.8g
Carbohydrate (g)	34g	5.1g
- sugars (g)	16.2g	2.4g
Sodium (mg)	1521mg	229mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW34



Mash the cheesy veggie mash

- · Boil the kettle.
- SPICY! Peppercorns can be spicy, use less if you're sensitive to heat! Crush black peppercorns (see ingredients) with a pestle and mortar or in their sachet using a rolling pin. Cut potato and carrot into bite-sized chunks.
- Half-fill a medium saucepan with boiling water. Cook potato and carrot in the boiling water over medium-high heat until easily pierced with a fork, 10-12 minutes.
- Drain veggies, then return to saucepan. Add the butter and chicken-style stock powder, then mash until smooth.
- Add grated Parmesan cheese and crushed peppercorns to the mash, stirring, until the cheese is melted. Cover to keep warm.



Make the slaw

- While the chicken is cooking, thinly slice **apple** into sticks.
- In a second medium bowl, combine apple, shredded cabbage mix and a drizzle of vinegar and olive oil.



Cook the chicken

- While the veggies are cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.
- 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).

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, prep chicken in a large bowl. Cook chicken in batches for the best results.



Serve up

- · Slice golden chicken.
- Divide chicken, cheesy pepper veggie mash and apple slaw between plates.
- Serve with tartare sauce. Enjoy!

Little cooks: Help dollop the tartare sauce on the plate.



