



# Golden Chicken & Cheesy Pepper Veggie Mash

with Tartare Sauce & Apple Slaw

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Black Peppercorns



Potato



Carrot



Chicken-Style Stock Powder



Grated Parmesan Cheese



Chicken Breast



Aussie Spice Blend



Apple



Shredded Cabbage Mix



Tartare Sauce



Chicken Breast

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



CarbSmart\*

\*Custom Recipe is not Carb Smart



Eat Me Early

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.

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

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
black peppercorns	½ sachet	1 sachet
potato	1	2
carrot	1	2
<b>butter*</b>	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)
<b>vinegar* (white wine or rice wine)</b>	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](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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## 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.

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## 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**.

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## 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.

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## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)