

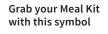
# Spiced Chicken Strips & Creamy Sauce

with Potato Mash & Garlic Veggies

**CUSTOMER FAVOURITE** 

KID FRIENDLY

BESTSELLER













Baby Broccoli



Chicken Breast



**Aussie Spice** Blend



Garlic Paste



Cream



Chicken-Style Stock Powder





Prep in: 25-35 mins Ready in: 30-40 mins The star of tonight's meal is this homestyle sauce; velvety cream is gently infused with chicken stock to make a sauce that pairs



Eat Me Early

perfectly with chicken and fluffy potato mash. You simply won't believe you made this amazing meal at home!

### 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

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	30g	60g		
milk*	2 tbs	1/4 cup		
asparagus	1 bunch	2 bunches		
baby broccoli	1 bag	1 bag		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
garlic paste	1 large packet	2 large packets		
cream	½ packet (125ml)	1 packet (250ml)		
chicken-style stock powder	½ medium sachet	1 medium sachet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (723Cal)	470kJ (112Cal)
Protein (g)	45.3g	7g
Fat, total (g)	41g	6.4g
- saturated (g)	24.7g	3.8g
Carbohydrate (g)	43.3g	6.7g
- sugars (g)	17g	2.6g
Sodium (mg)	1291mg	201mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3770kJ (901Cal)	469kJ (112Cal)
Protein (g)	78.5g	9.8g
Fat, total (g)	46.2g	5.7g
- saturated (g)	26.3g	3.3g
Carbohydrate (g)	44.1g	5.5g
- sugars (g)	17.1g	2.1g
Sodium (mg)	1390mg	mg

The quantities provided above are averages only.

## Allergens

2023 | CW45

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

- Bring a medium saucepan of salted water to the boil.
- Peel potato, then cut into large chunks.
- Cook potato in the 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 and season generously with salt. 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!



## Get prepped

- Meanwhile, trim ends of asparagus and cut into 1cm pieces. Halve any thicker stalks of baby broccoli lengthways.
- Cut chicken breast into 2cm strips.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add chicken strips and toss to coat.

**Custom Recipe:** If you've doubled your chicken breast, season in a large bowl.



## Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook asparagus and baby broccoli, tossing, until tender,
   5-6 minutes.
- Add half the garlic paste and cook until fragrant,
  1 minute. Season with salt and pepper, then transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to the veggies to help speed up the cooking process. **TIP:** Cover the pan with a lid if the garlic paste starts to spatter!



## Cook the chicken

 Return the frying pan to medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through, 3-4 minutes each side.

**Custom Recipe:** Cook chicken in batches for the best results!



## Make the sauce

- Reduce heat to medium-low, then add remaining garlic paste. Cook until fragrant, 1 minute.
- Add cream (see ingredients) and chicken-style stock powder (see ingredients) and simmer until slightly thickened, turning chicken to coat, 1-2 minutes.



## Serve up

- Divide mash and garlic veggies between plates.
  Top mash with spiced chicken.
- Spoon over creamy sauce from the pan to serve.
  Enjoy!



