



# Spiced Chicken Strips & Creamy Sauce

with Potato Mash & Garlic Veggies

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Asparagus



Baby Broccoli



Chicken Breast



Aussie Spice Blend



Garlic Paste



Cream



Chicken-Style Stock Powder



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

The star of tonight's meal is this homestyle sauce; velvety cream is gently infused with chicken stock to make a sauce that pairs perfectly with chicken and fluffy potato mash. You simply won't believe you made this amazing meal at home!

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

### Pantry items

Olive Oil, Butter, Milk

## 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
potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ 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

\*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

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

2023 | CW45



1



## 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!

4



## 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!

2



## 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.

5



## 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**.

3



## 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!

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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