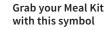


# Sticky Apricot Chicken with Garlic Crushed Potatoes & Steamed Veggies

KID FRIENDLY

CLIMATE SUPERSTAR









Potato





Baby Broccoli





Lemon

Chicken Thigh



Garlic & Herb



**Apricot Sauce** 

Seasoning

Chicken-Style



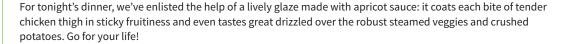
Stock Powder

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early







**Pantry items** Olive Oil, Butter

# 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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
lemon	1/2	1
chicken thigh	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
apricot sauce	1 medium packet	1 large packet
butter* (for the sauce)	15g	30g
butter* (for the mash)	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
* D		

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1914kJ (457Cal)	350kJ (84Cal)
Protein (g)	35.7g	6.5g
Fat, total (g)	13.5g	2.5g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	54.6g	10g
- sugars (g)	25.7g	4.7g
Sodium (mg)	1118mg	204mg

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.



# Get prepped

- Boil the kettle. Half fill a medium saucepan with boiling water and add a pinch of **salt**.
- Cut potato into large chunks. Thinly slice carrot into sticks. Halve baby broccoli lengthways.
   Finely chop garlic. Slice lemon into wedges.



# Steam the veggies

- Cook the potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- In the last 8 minutes of cook time, place a colander or steamer basket on top and add baby broccoli and carrot. Cover and steam until tender, and potatoes can be easily pierced with a fork, 7-8 minutes.
- Transfer **veggies** to a bowl. Season, then set aside. Drain the **potatoes** and set aside.



# Prep the chicken

 Meanwhile, combine chicken thigh, garlic & herb seasoning and a drizzle of olive oil in a medium bowl.



#### Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, turning occasionally, until browned and cooked through, 14-16 minutes.
- Remove pan from heat, then add apricot sauce, butter (for the sauce), a squeeze of lemon juice and a splash of water, turning chicken to coat. Season to taste.

**TIP:** The chicken is cooked through when it's no longer pink inside.



# Finish the potatoes

- Return the saucepan to medium-high heat with the butter (for the mash) and garlic.
   Cook, stirring, until fragrant, 1 minute.
- Add **chicken-style stock powder**, stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

**TIP:** Add a splash of water if the potato looks dry! **Little cooks:** Get those muscles working and help crush the potatoes!



# Serve up

- Divide garlic crushed potatoes and steamed veggies between bowls. Top with sticky apricot chicken.
- Pour any remaining glaze over chicken and serve with any remaining lemon wedges. Enjoy!



Scan here if you have any questions or concerns

