



Sticky Apricot Chicken

with Garlic Crushed Potatoes & Steamed Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Baby Broccoli



Garlic



Lemon



Chicken Thigh



Garlic & Herb Seasoning



Apricot Sauce



Chicken-Style Stock Powder

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

Calorie Smart

Eat Me Early

For tonight's dinner, we've enlisted the help of a lively glaze made with apricot sauce: it coats each bite of tender chicken thigh in sticky fruitiness and even tastes great drizzled over the robust steamed veggies and crushed potatoes. Go for your life!

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	½	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

*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.



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.



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.



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!



Prep the chicken

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



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!

We're here to help!

Scan here if you have any questions or concerns



2023 | CW49

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate