



Quick Creamy Chicken & Veggies

with Potato Mash

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Courgette



Baby Spinach Leaves



Leek



Chicken Breast



Cream



Garlic & Herb Seasoning



Premium Fillet Steak

Recipe Update

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with courgette. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

Something magical happens when you combine this decadent creamy sauce with chicken and veggies, then pile it on a fluffy mash potato. It all comes together so beautifully, you'll be wanting to lick the plate clean!

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
courgette	1	2
baby spinach leaves	1 small bag	1 medium bag
leek	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
cream	½ packet (125ml)	1 packet (250ml)
garlic & herb seasoning	1 medium sachet	1 large sachet
premium fillet steak**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3107kJ (743Cal)	538kJ (129Cal)
Protein (g)	42.5g	7.4g
Fat, total (g)	44.8g	7.8g
- saturated (g)	27.4g	4.7g
Carbohydrate (g)	42.9g	7.4g
- sugars (g)	18.5g	3.2g
Sodium (mg)	661mg	114mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (782Cal)	576kJ (138Cal)
Protein (g)	40.8g	7.2g
Fat, total (g)	49.8g	8.8g
- saturated (g)	30g	5.3g
Carbohydrate (g)	42.1g	7.4g
- sugars (g)	18.4g	3.2g
Sodium (mg)	620mg	109mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and 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**, then season 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!

3



Cook the chicken & veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken** and **courgette**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Add **leek** and cook until tender, **2-3 minutes**.
- Reduce heat to low, then add **cream (see ingredients)**, **garlic & herb seasoning** and cook until slightly thickened, **2-3 minutes**.
- Add **baby spinach** and stir until wilted, **1 minute**. Season to taste.

Custom Recipe: If you've upgraded to premium fillet steak, before cooking the veggies, heat the pan as above. Cook steak for 3-5 minutes each side for medium or until cooked to your liking. Transfer to a plate, cover and set aside to rest. Continue with step.

2



Get prepped

- Meanwhile, slice **courgette** into half-moons. Roughly chop **baby spinach leaves**. Thinly slice **leek**.
- Cut **chicken breast** into 2cm chunks.

4



Serve up

- Divide mash between bowls.
- Top with creamy chicken and veggies to serve. Enjoy!

Custom Recipe: Slice steak to serve. Top mash with steak, then spoon over creamy veggie sauce.

Rate your recipe

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