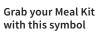


American-Spiced Chicken & Mustard Mash

with BBQ Gravy & Creamy Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR









Potato

Dijon Mustard



Baby Spinach











Louisiana Spice



Blend



BBQ Sauce



Gravy Granules

We have a stellar lineup of flavours tonight. Take a bite of seared chicken seasoned in our Louisiana spice, it's warming aromas

Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me Early

will make your mouth water. Next try out the potato mash, it's not only soft but has a sharp and delicious mustard stirred through. Finally a smokey BBQ gravy to pour over, it's the perfect finishing touch.

Olive Oil, Butter, Milk, White WIne Vinegar

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
dijon mustard	1 packet (25g)	1 packet (40g)
butter*	40g	80g
milk*	2 tbs	1/4 cup
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
chicken breast	1 small packet	2 small packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
gravy granules	1 medium sachet	2 medium sachets
boiling water*	½ cup	1 cup
BBQ sauce	1 medium packet	1 large packet
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)	3257kJ (778Cal)	564kJ (135Cal)
Protein (g)	42.7g	7.4g
Fat, total (g)	38.9g	6.7g
- saturated (g)	14.5g	2.5g
Carbohydrate (g)	65.7g	11.4g
- sugars (g)	32.2g	5.6g
Sodium (mg)	1947mg	337mg
Custom Bosins		

Per 100g Avg Qty Energy (kJ) 3902kJ (933Cal) 529kJ (126Cal) Protein (g) 79.7g 10.8g Fat, total (g) 39.6g 5.4g 14.7g 2g - saturated (g) Carbohydrate (g) 66.8g 9.1g - sugars (g) 32.5g 4.4g Sodium (mg) 2091mg 283mg

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





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 to the pan.
- Add half the dijon mustard, the butter and milk to potato and season with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the chicken

· Heat a large frying pan over medium-high heat with enough olive oil to cover the base. Cook chicken, tossing occasionally, until browned and cooked through, 3-4 minutes each side.

Custom Recipe: Cook chicken in batches for best results.



Get prepped

- Meanwhile, roughly chop **baby spinach leaves**. In a large bowl, combine shredded cabbage mix, baby spinach, garlic aioli, remaining dijon mustard and a drizzle of white wine vinegar and olive oil. Season to taste and set aside.
- · Cut chicken breast into 2cm strips. In a medium bowl, combine Louisiana **spice blend** and a drizzle of **olive oil**. Add **chicken strips** and toss to coat.
- · Re-boil the kettle.

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



Serve up

- In a medium heatproof bowl, combine gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute. Add BBQ sauce and stir to combine.
- Divide American-spiced chicken, creamy slaw and mustard potato mash between plates.
- · Serve with BBO gravy. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate