



# American-Spiced Chicken & Mustard Mash

with BBQ Gravy & Creamy Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Dijon Mustard



Baby Spinach Leaves



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast



Louisiana Spice Blend



Gravy Granules



BBQ Sauce



Chicken Breast

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

Eat Me Early

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

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

### Pantry items

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
dijon mustard	1 packet (25g)	1 packet (40g)
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ 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
<b>white wine vinegar*</b>	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
<b>boiling water*</b>	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 Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3902kJ (933Cal)	529kJ (126Cal)
Protein (g)	79.7g	10.8g
Fat, total (g)	39.6g	5.4g
- saturated (g)	14.7g	2g
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](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



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## 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.

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## 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.

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## 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.

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## 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 BBQ gravy. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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