



Italian-Style Chicken & Creamy Pesto Sauce

with Bacon Veggies & Garlic Crushed Potatoes

FAST & FANCY

Grab your Meal Kit with this symbol



Potato



Garlic



Green Beans



Baby Broccoli



Diced Bacon



Chicken Breast Strips



Garlic & Herb Seasoning



Cream



Basil Pesto

Prep in: 15-25 mins
Ready in: 20-30 mins

Eat Me Early

Five-star taste without the fuss of standing for hours in the kitchen - we get it, that sounds like the perfect way to do dinner. Here's the answer to your wish, tender chicken dressed in a superb pesto sauce and veggies with bacon sprinkled on top so everyone will be impressed by tonight's feast.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
baby broccoli	1 medium bunch	2 medium bunches
butter*	20g	40g
diced bacon	1 medium packet	2 medium packets OR 1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
basil pesto	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4001kJ (956Cal)	612kJ (146Cal)
Protein (g)	52.7g	8.1g
Fat, total (g)	63.9g	9.8g
- saturated (g)	28.4g	4.3g
Carbohydrate (g)	43.9g	6.7g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1101mg	168mg

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.

1



Make the crushed potatoes

- Boil the kettle. Cut **potato** into large chunks. Finely chop **garlic**. Trim **green beans**. Halve any thicker stalks of **baby broccoli** lengthways.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat, add the **butter** and **garlic** and cook, stirring, until fragrant, **1 minute**. Remove from heat.
- Return **potato** to the pan, season with **salt** and **pepper** and toss to coat. Lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry!

3



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken breast strips** until browned and cooked through, **2-3 minutes** each side.
- Add **garlic & herb seasoning** and turn **chicken** to coat, **1 minute**.
- Add **cream** (see ingredients) and **basil pesto** and simmer, until slightly reduced, **2-3 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Cook the veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **diced bacon**, **green beans** and **baby broccoli**, breaking up bacon with a spoon, until golden and tender, **5-6 minutes**.
- Season to taste and transfer to a bowl. Cover to keep warm and set aside.

4



Serve up

- Divide Italian-style chicken, garlic crushed potatoes and bacon veggies between plates.
- Spoon creamy pesto sauce over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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