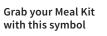


Sweet Dijon-Glazed Chicken & Bacon Mash

with Garlic Veggies

HALL OF FAME

NEW













Courgette

Carrot





Chicken Breast





Diced Bacon



Baby Leaves



Dijon Mustard





Prep in: 25-35 mins Ready in: 35-45 mins

Eat Me Early



deliciousness. And this might be our new favourite way to mash - these creamy potatoes are dotted with bacon for the ultimate mash experience.

Pantry items Olive Oil, Butter, Milk, Honey

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 with a lid · Large frying pan

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2 tbs	1/4 cup
garlic	3 cloves	6 cloves
carrot	1	2
courgette	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 small packet	1 medium packet
dijon mustard	½ medium packet	1 medium packet
butter* (for the sauce)	20g	40g
honey*	1 tsp	2 tsp
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (650Cal)	410kJ (98Cal)
Protein (g)	51.1g	7.7g
Fat, total (g)	29.7g	4.5g
- saturated (g)	11.6g	1.7g
Carbohydrate (g)	46.3g	7g
- sugars (g)	24.7g	3.7g
Sodium (mg)	1236mg	186mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3567kJ (853Cal)	416kJ (99Cal)
Protein (g)	93.9g	10.9g
Fat, total (g)	33.2g	3.9g
- saturated (g)	12.7g	1.5g
Carbohydrate (g)	47.4g	5.5g
- sugars (g)	24.9g	2.9g
Sodium (mg)	1384mg	161mg

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 the butter (for the mash) 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.



Get prepped

- Meanwhile, finely chop garlic. Thinly slice carrot and courgette into sticks.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, Aussie spice blend and a drizzle of olive oil. Set aside.

Custom Recipe: If you've doubled your chicken, prepare extra chicken as above, flavouring it in a large bowl.



Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes. Transfer to a bowl.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook carrot until tender, 2 minutes. Add courgette and cook until tender, 3-4 minutes. Add half the garlic and cook until fragrant, 1 minute.
- Remove pan from heat, add baby leaves and stir until wilted. Season to taste. Transfer to a bowl and cover to keep warm.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Add remaining garlic and cook until fragrant,
 1 minute.
- Remove pan from heat, add dijon mustard (see ingredients), the butter (for the sauce) and the honey, then turn chicken to coat.

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

Custom Recipe: Cook chicken in batches for best results.



Serve up

- · Add bacon to the mash and stir to combine.
- Divide dijon-glazed chicken, bacon mash and garlic veggies between plates.
- Spoon any remaining glaze over chicken. Enjoy!



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