



# Sweet Dijon-Glazed Chicken & Bacon Mash with Garlic Veggies

HALL OF FAME

NEW

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Courgette



Chicken Breast



Aussie Spice Blend



Diced Bacon



Baby Leaves



Dijon Mustard



Chicken Breast

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

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

Eat Me Early

Chicken and veggies just got an upgrade! Tender chicken steaks are tossed in dijon mustard and honey for a hit of punchy deliciousness. And this might be our new favourite way to mash - these creamy potatoes are dotted with bacon for the ultimate mash experience.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ 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
<b>butter*</b> (for the sauce)	20g	40g
<b>honey*</b>	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](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

2024 | CW16



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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 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.

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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