



Sticky Apricot Chicken & Baby Leaves

with Garlic Crushed Potatoes & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Baby Broccoli



Garlic



Baby Leaves



Lemon



Chicken Thigh



Garlic & Herb Seasoning



Apricot Sauce



Chicken-Style Stock Powder

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Reduced

Eat Me Early

For tonight's dinner, we've enlisted the help of a lively glaze made with apricot sauce; it coats each bite of tender chicken in sticky fruitiness and even tastes great drizzled over the robust steamed veggies and crushed potatoes. Go for your life!

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
baby broccoli	½ medium bunch	1 medium bunch
garlic	2 cloves	4 cloves
baby leaves	1 small packet	1 medium packet
lemon	½	1
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
apricot sauce	1 medium packet	1 large packet
butter* (for the sauce)	15g	30g
butter* (for the mash)	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1968kJ (470Cal)	324kJ (77Cal)
Protein (g)	37.5g	6.2g
Fat, total (g)	13.6g	2.2g
- saturated (g)	3.9g	0.6g
Carbohydrate (g)	55.8g	9.2g
- sugars (g)	31.3g	5.2g
Sodium (mg)	1140mg	188mg
Dietary Fibre (g)	9g	1.5g

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.



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water and add a pinch of **salt**.
- Cut **potato** into large chunks. Thinly slice **carrot** into sticks. Halve **baby broccoli** (see **ingredients**) lengthways. Finely chop **garlic**. Roughly chop **baby leaves**. Slice **lemon** into wedges.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, then add **apricot sauce**, **butter (for the sauce)**, a squeeze of **lemon juice** and a splash of **water**, turning **chicken** to coat. Season to taste.

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



Steam the veggies

- Cook the **potato** in the boiling water, over high heat, until tender, **12-15 minutes**.
- In the last **8 minutes** of cook time, place a colander or steamer basket on top and add **baby broccoli**, **baby leaves** and **carrot**. Cover with a lid and steam until tender, and **potatoes** can be easily pierced with a fork, **7-8 minutes**.
- Transfer **veggies** to a bowl. Season, then set aside. Drain the **potatoes** and set aside.



Finish the potatoes

- Return the saucepan to medium-high heat with the **butter (for the mash)** and **garlic**. Cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**, stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

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

Little cooks: Get those muscles working and help crush the potatoes!



Prep the chicken

- Meanwhile, in a medium bowl, combine **chicken thigh**, **garlic & herb seasoning** and a drizzle of **olive oil**.



Serve up

- Slice chicken.
- Divide sticky apricot chicken, garlic crushed potatoes and steamed veggies between plates.
- Pour any remaining glaze over chicken and serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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