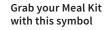


Sticky Apricot Chicken & Baby Leaves with Garlic Crushed Potatoes & Steamed Veggies















Baby Broccoli







Baby Leaves

Lemon





Chicken Thigh

Garlic & Herb Seasoning

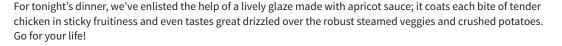


Apricot Sauce

Chicken-Style Stock Powder

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







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

9		
	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	1/2	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.



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.



Prep the chicken

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



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.



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!



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!



