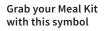


Herby Cherry-Glazed Chicken & Garlic Mash with Braised Balsamic Cabbage & Green Beans

NEW

KID FRIENDLY













Leek







Chicken Breast

Garlic & Herb Seasoning



Shredded Cabbage





Cherry Sauce





Prep in: 30-40 mins

Ready in: 40-50 mins

Eat Me Early

Calorie Smart* *Custom Recipe is not Calorie Smart

Chicken, mash and veg, it doesn't get much more classic than that! We've added a few surprises to jazz up this tried-andtrue combo - flavourful garlic mashed in with the potatoes, a sweet cherry glaze on the chicken, and cabbage braised in a sweet and tangy balsamic sauce. Dig in!

Pantry items

Olive Oil, Butter, Milk, Brown Sugar, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 \cdot Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
butter*	20g	40g		
milk*	2 tbs	¼ cup		
leek	1	2		
green beans	1 medium packet	1 large packet		
chicken breast	1 medium packet	2 medium packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
shredded cabbage mix	1 medium packet	1 large packet		
brown sugar*	1 tbs	2 tbs		
balsamic vinegar*	1 tbs	2 tbs		
water*	2 tbs	1/4 cup		
vegetable stock powder	1 medium sachet	1 large sachet		
cherry sauce	1 medium packet	1 large packet		
parsley	1 packet	1 packet		
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)	2458kJ (587Cal)	371kJ (89Cal)
Protein (g)	50g	7.5g
Fat, total (g)	16.5g	2.5g
- saturated (g)	6.4g	1g
Carbohydrate (g)	57.9g	8.7g
- sugars (g)	37g	5.6g
Sodium (mg)	1111mg	168mg
Dietary Fibre (g)	6.9g	1g
Custom Recipe		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3229kJ (771Cal)	384kJ (91Cal)
Protein (g)	88.9g	10.6g
Fat, total (g)	19.8g	2.4g
- saturated (g)	7.4g	0.9g
Carbohydrate (g)	58.9g	7g
- sugars (g)	37.1g	4.4g
Sodium (mg)	1246mg	148mg
Dietary fibre	6.8g	0.8g

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.



Make the garlic mash

- Boil the kettle. Peel potato and cut into large chunks. Peel garlic cloves.
- Half-fill a large saucepan with boiling water and add a pinch of salt. Cook potato and garlic in the boiling water for 6 minutes.
- Drain potatoes and garlic and return to the saucepan. Add the butter, milk and a good pinch of salt, then mash until smooth. Cover to keep warm.

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



Get prepped

- Meanwhile, thinly slice leek. Trim green beans.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chicken, garlic & herb seasoning and a drizzle of olive oil.

Custom Recipe: If you've doubled your chicken breast, flavour in a large bowl and cook chicken in batches for best results.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook leek, stirring, until softened, 2-3 minutes.
- Add shredded cabbage mix, the brown sugar, balsamic vinegar, water and vegetable stock powder. Cook, stirring occasionally, until softened, 4-5 minutes. Season to taste, then transfer to a bowl. Cover to keep warm.
- Return frying pan to a medium-high heat with a drizzle of olive oil. Cook green beans, tossing regularly, until tender, 4-5 minutes. Transfer to a bowl and cover to keep warm.



Cook the chicken

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
- Cook chicken steaks until cooked through,
 3-5 minutes each side (cook in batches if your pan is getting crowded).

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



Glaze the chicken

 Remove pan from heat, then add cherry sauce and gently turn chicken to coat.

Custom Recipe: Return all chicken to pan before adding cherry sauce.



Serve up

- · Slice chicken.
- Divide garlic mash, braised balsamic cabbage, green beans and herby chicken between plates.
- Spoon over any remaining glaze. Tear over parsley to serve. Enjoy!

Little cooks: Help tear over the herbs.

