



Herby Cherry-Glazed Chicken & Garlic Mash

with Braised Balsamic Cabbage & Green Beans

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Leek



Green Beans



Chicken Breast



Garlic & Herb Seasoning



Shredded Cabbage Mix



Vegetable Stock Powder



Cherry Sauce



Parsley



Chicken Breast

Prep in: 30-40 mins
Ready in: 40-50 mins

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

Eat Me Early

Chicken, mash and veg, it doesn't get much more classic than that! We've added a few surprises to jazz up this tried-and-true 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!

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

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 · Large frying pan

Ingredients

| | 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 | ¼ 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

| 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.



1 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!



4 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.



2 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.



5 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.



3 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.



6 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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW23

