



Quick Herby Chicken & Brown Butter Sauce

with Potato Mash & Steamed Veggies

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Potato



Carrot



Green Beans



Baby Leaves



Thyme



Garlic



Lemon



Chicken Breast



Seasoning Blend



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

The garlicky, buttery sauce is the star of this meal, drizzled over tender chicken to add juiciness and flavour. Let's add a creamy mash to help soak up the last of that sauce, and some steamed veggies to cut through all that richness. Bon appétit!

Pantry items

Olive Oil, Milk, Butter, Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
green beans	1 small packet	1 medium packet
baby leaves	1 small packet	1 medium packet
milk*	2 tbs	¼ cup
butter* (for the mash)	20g	40g
thyme	1 packet	1 packet
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
seasoning blend	2 medium sachets	4 medium sachets
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2555kJ (611Cal)	423kJ (101Cal)
Protein (g)	47.2g	7.8g
Fat, total (g)	25.4g	4.2g
- saturated (g)	12.7g	2.1g
Carbohydrate (g)	49.2g	8.1g
- sugars (g)	22.9g	3.8g
Sodium (mg)	1434mg	238mg
Dietary Fibre (g)	9.3g	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.



Make the mash & steam the veggies

- Bring a medium saucepan of water to the boil. Cut **potato** into large chunks. Cut **carrot** into sticks. Trim **green beans**.
- Cook **potato** in the boiling water for **6 minutes**.
- Place a colander or steamer basket on top and add **carrot** and **green beans**.
- Cover with a lid and steam until veggies are tender, and potatoes are easily pierced with a fork, **7-8 minutes**. Transfer **carrot** and **green beans** to a bowl and add **baby leaves**. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk**, **butter (for the mash)** and a pinch of **salt** and mash until smooth.



Cook the chicken & sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.
- Return frying pan to medium heat with the **butter (for the sauce)** and cook until beginning to brown, **1-2 minutes**. Add **garlic** and **thyme** and cook until fragrant, **1 minute**. Remove from heat, return **chicken** and add a squeeze of **lemon juice** and a splash of **water**. Turn to coat and season to taste.



Get prepped

- Meanwhile, pick and finely chop **thyme leaves**. Finely chop **garlic**. Slice **lemon** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **seasoning blend**. Dip **chicken** into **flour mixture** to coat.



Serve up

- Divide chicken, potato mash and steamed veggies between plates.
- Spoon herby brown butter sauce over chicken and mash. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Follow method above.



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

