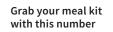


Quick Herby Chicken & Brown Butter Sauce with Potato Mash & Steamed Veggies

CLIMATE SUPERSTAR









Potato





Green Beans

Baby Leaves





Thyme







Lemon

Chicken Breast



Seasoning Blend







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



Calorie Smart

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

9			
	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	1/4 cup	
butter* (for the mash)	20g	40g	
thyme	1 packet	1 packet	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
plain flour*	2 tbs	1/4 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.



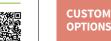
Get prepped

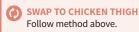
- Meanwhile, pick and finely chop thyme leaves. Finely chop garlic. Slice lemon into wedges.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the plain flour and seasoning blend. Dip chicken into flour mixture to coat.



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!







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

