

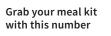
Garlic Chicken & Mash

with Steamed Veggies & Mayonnaise

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR









Potato





Chicken Breast

Garlic & Herb Seasoning





Baby Leaves

Mayonnaise









Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me Early





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling 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 \cdot Air fryer or Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
carrot	1	2	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
milk*	1 tbs	2 tbs	
butter*	30g	60g	
baby leaves	1 small packet	1 medium packet	
honey*	1 tsp	2 tsp	
mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2708kJ (647Cal)	512kJ (122Cal)
Protein (g)	45.1g	8.5g
Fat, total (g)	30.8g	5.8g
- saturated (g)	11.4g	2.2g
Carbohydrate (g)	49.9g	9.4g
- sugars (g)	27.1g	5.1g
Sodium (mg)	815mg	154mg
Dietary Fibre (g)	5.7g	1.1g

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

- Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks. Thinly slice carrot into sticks.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- Combine garlic & herb seasoning and a drizzle of olive oil in a medium bowl. Season with salt and pepper, then add chicken breast, turning to coat.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the chicken

• While veggies are cooking, set your air fryer to 200°C. Place chicken into the air fryer basket and cook until cooked through, 15-18 minutes. Remove **chicken** from the airfryer and drizzle over the **honey**.

TIP: No airfryer? Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat, then add the honey, turning chicken to coat. Transfer to a plate. TIP: Chicken is cooked through when it's no longer pink inside.



SWAP TO CHICKEN THIGH

Follow method above, leaving chicken thighs whole. Cook in airfryer for 10-13 minutes.

scan the QR code to see detailed cooking instructions and nutrition information.



Cook the potato & veggies

- Cook **potato** in the boiling water until easily pierced with a fork, 12-15 minutes.
- In the last 8 minutes of cook time, place a colander or steamer basket on top, then add carrots. Cover and steam until carrots are tender.
- Transfer carrots to a bowl, then add baby leaves, tossing until wilted. Season, then set aside. Drain **potatoes** and return to saucepan. Add the **milk** and the **butter**. Mash until smooth. Cover to keep warm.

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



Serve up

- · Slice garlic chicken.
- Divide mash and steamed veggies between plates. Top with chicken.
- Serve with **mayonnaise**. Enjoy!







DOUBLE CHICKEN BREAST Follow method above, cooking in batches if necessary.

We're here to help!