



Garlic Chicken & Mash

with Steamed Veggies & Mayonnaise

AIR FRYER FRIENDLY

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Potato



Carrot



Chicken Breast



Garlic & Herb Seasoning



Baby Leaves



Mayonnaise



Chicken Breast



Chicken Thigh

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

Calorie Smart

Eat Me Early

Every now and then it's nice to go back to basics. They always carry a sense of nostalgia with them. Allow all the memories of cosy family dinners to flow in when you bite into this tender chicken, seasoned with garlic and herbs, a potato mash and veggies.

Pantry items

Olive Oil, Milk, Butter, Honey

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 · Air fryer or Large frying pan

Ingredients

	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.



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS

+ DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

➡ SWAP TO CHICKEN THIGH

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

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

