

Garlic Chicken Steaks & Mash

with Steamed Veggies & Mayonnaise

AIR FRYER FRIENDLY

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CLIMATE SUPERSTAR

Grab your meal kit with this number













Chicken Breast











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



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 fragrant herbs and served with comforting potato mash and colourful veggies.





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 · Air fryer or large frying pan

Ingredients

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	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	
baby leaves	1 small packet	1 medium packet	
milk*	1 tbs	2 tbs	
butter*	30g	60g	
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 each 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. Turn to coat.



Cook the chicken

• While veggies are cooking, set air fryer to 200°C. Place chicken in the air fryer basket and cook until cooked through, 15-18 minutes. Transfer chicken to a plate and drizzle with the honey.

TIP: No air fryer? 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.

TIP: Chicken is cooked through when it's no longer pink inside.



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



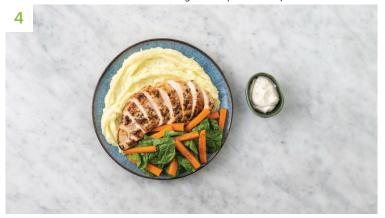
If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



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 steaks.
- Divide mash and steamed veggies between plates. Top with chicken.
- Serve with mayonnaise. Enjoy!