

# Smokey Chicken & Garlic Kumara Mash

with Dill & Parsley Mayo

KIWI FLAVOURS

NEW

KID FRIENDLY

Grab your meal kit  
with this number

13



Kumara



Garlic



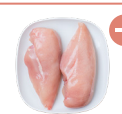

Carrot



Chicken Breast

Kiwi Spice  
Blend

Baby Leaves

Dill & Parsley  
MayonnaiseChicken  
BreastPeeled  
Pumpkin  
WedgesPrep in: 20-30 mins  
Ready in: 35-45 mins Eat Me Early

This chicken is glowing with the smoky flavours of our Kiwi spice blend. The sweet and savoury kumara mash is a perfect accompaniment, with a tangy herbed mayo to finish things off.

### Pantry items

Olive Oil, Butter, Milk, 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 lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kumara	2 (medium)	2 (large)
garlic	3 cloves	6 cloves
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	¼ cup	½ cup
Kiwi spice blend	1 sachet	2 sachets
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2868kJ (685Cal)	523kJ (125Cal)
Protein (g)	45.2g	8.2g
Fat, total (g)	33.7g	6.1g
- saturated (g)	13.2g	2.4g
Carbohydrate (g)	53.4g	9.7g
- sugars (g)	16.2g	3g
Sodium (mg)	902mg	164mg
Dietary Fibre (g)	8.9g	1.6g

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](https://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 lightly salted water to the boil.
- Peel **kumara**, then cut into large chunks. Finely chop **garlic**. Cut **carrot** into thin sticks.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

**Little cooks:** Under adult supervision, older kids can help peel the kumara!



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove the pan from heat, then add **honey** and a splash of **water** and turn to coat. Transfer **chicken** to a plate to rest.

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



## Make the kumara mash

- Cook **kumara** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook half the **garlic** until fragrant, **1 minute**.
- Return **kumara** to the saucepan, then add the **butter, milk** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

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



## Cook the veggies

- Wipe out the frying pan then return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** until softened, **3-4 minutes**.
- Add remaining **garlic** and **baby leaves** and cook until fragrant, **1 minute**. Season to taste.



## Flavour the chicken

- In a medium bowl, combine **Kiwi spice blend** and a drizzle of **olive oil**.
- Add **chicken steaks**, season with **pepper** and turn to coat.



## Serve up

- Divide garlic kumara mash, veggies and smokey chicken between plates.
- Top with a dollop of **dill & parsley mayonnaise** to serve. Enjoy!

**Little cooks:** Kids can add the finishing touch by dolloping on the dill-parsley mayo!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### ADD PEELED PUMPKIN WEDGES

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes.

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

