

# Garlic Chicken Steaks & 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 fragrant herbs and served with comforting potato mash and colourful 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
<b>olive oil*</b>	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
<b>milk*</b>	1 tbs	2 tbs
<b>butter*</b>	30g	60g
<b>honey*</b>	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## 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.

### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Follow method above, cooking in air fryer for 10-13 minutes.



## 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!

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

