



Seared Chicken & Creamy Onion Sauce with Mashed Potato

KID FRIENDLY

Grab your meal kit
with this number

4



Potato



Onion



Green Beans



Carrot



Chicken Thigh



Nan's Special
Seasoning



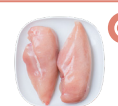
Cream



Chicken-Style
Stock Powder



Chicken
Thigh



Chicken
Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

Eat Me Early

Serve up a comforting meal that's as good as a hug! With tender, flavoursome chicken in a creamy sauce and loads of satisfying mash, this dinner will make you feel all snuggly - perfect for a home-cooked meal with heart.

Pantry items

Olive Oil, Butter, Milk

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
onion	½	1
green beans	1 small packet	1 medium packet
carrot	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
butter*	40g	80g
milk*	2 tbs	¼ cup
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	483kJ (115Cal)
Protein (g)	38.1g	5.5g
Fat, total (g)	52.7g	7.6g
- saturated (g)	29.8g	4.3g
Carbohydrate (g)	54.6g	7.9g
- sugars (g)	25.7g	3.7g
Sodium (mg)	1047mg	152mg
Dietary Fibre (g)	10.8g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the potato & veggies

- Boil the kettle. Cut **potato** into large chunks (peel if you prefer!). Thinly slice **onion** (see ingredients). Trim **green beans**. Thinly slice **carrot** into sticks.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- In last **8 minutes** of cook time, place a colander or steamer basket on top and add **carrots** and **green beans**. Cover and steam until tender, and **potatoes** can be easily pierced with a fork, **7-8 minutes**. Transfer **veggies** to a bowl. Season, then set aside. Drain **potatoes** and return to saucepan.



Finish the mash

- Add the **butter**, **milk** and **chicken-style stock powder** to the cooked **potato**. Mash until smooth.

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



Cook the chicken

- Meanwhile, cut **chicken thigh** into 2cm chunks.
- In large frying pan, heat drizzle of **olive oil** over high heat. When oil is hot, cook **chicken**, **Nan's special seasoning** and **onion**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Reduce the heat to medium, then add **cream** (see ingredients) and cook until thickened, **1-2 minutes**.
- Remove from heat, then season to taste and set aside.

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



Serve up

- Divide potato mash and steamed veggies between plates.
- Top with seared chicken and drizzle over creamy onion sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Follow method above.

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

