



# Chicken Nuggies & Cheesy Mash Mountain

with Broccoli Forest & Gravy

KID'S KITCHEN

NEW

Grab your meal kit with this number

42



Potato



Broccoli



Carrot



Shredded Cheddar Cheese



Panko Breadcrumbs



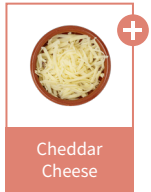
Aussie Spice Blend



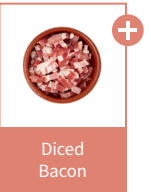
Diced Chicken



Gravy Granules



Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! This meal is so fun, even the adults will want to play with their food. Don't worry, it's not just here for show - those golden chicken nuggies are too tasty to resist. And don't forget the cheesy potato mountain! That river of gravy running through it is calling your name.

### Pantry items

Olive Oil, Milk, Butter, Plain Flour, Egg

## 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
broccoli	½ head	1 head
carrot	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
<b>plain flour*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
diced chicken	1 medium packet	2 medium packets OR 1 large packet
gravy granules	1 sachet	2 sachets
<b>boiling water*</b>	½ cup	1 cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3373kJ (806cal)	298kJ (71cal)
Protein (g)	56.1g	5g
Fat, total (g)	34.4g	3g
- saturated (g)	17.7g	1.6g
Carbohydrate (g)	68.2g	6g
- sugars (g)	25.4g	2.2g
Sodium (mg)	1308mg	115.8mg
Dietary Fibre (g)	8.8g	0.8g

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.



## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk.
- Thinly slice **carrot** into sticks.
- Cook **potato** in the boiling water over medium-high heat for **6 minutes**.



## Cook the chicken

- In a large frying pan, add enough **olive oil** to cover base and heat over medium-high heat.
- Cook **crumbed chicken** in batches until browned and cooked through (when no longer pink inside), **5-6 minutes**. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the nuggies do not stick to the pan.



## Steam the veggies

- Place a colander or steamer basket on top of saucepan, then add **broccoli** and **carrot**.
- Cover and steam until the broccoli and carrot are tender and potatoes are easily pierced with a fork, another **7-8 minutes**.
- Transfer **veggies** to a bowl. Season with **salt** and **pepper** and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add **shredded Cheddar cheese**, the **milk**, **butter** and a pinch of **salt** and mash until smooth.



## Make the gravy

- Meanwhile, in a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.



## Get prepped

- Meanwhile, in a shallow bowl, combine the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **Aussie spice blend**.
- Coat **diced chicken** in **flour mixture**, followed by the **egg** and finally in the **breadcrumb mixture**. Transfer to a plate.

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers. Make sure to wash your hands well afterwards.



## Serve up

- Pile high the cheesy mash between serving plates to resemble a mountain.
- Surround mash mountain with the veggies and chicken nuggies.
- Serve with gravy. Enjoy!

**Little cooks:** Help assemble the plate at the end with adult supervision.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



### CUSTOM OPTIONS

**+** **DOUBLE CHEDDAR CHEESE**  
Follow method above.

**+** **ADD DICED BACON**  
Cook, breaking up with a spoon, 4-6 minutes.  
Add to gravy.

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

