

# Spiced Chicken & Peppercorn Gravy

with Lemon Butter Veggies & Kumara-Potato Mash

SEASONAL HERO

NEW

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Kumara



Asparagus



Carrot



Lemon



Black Peppercorns



Chicken Breast



Herb & Mushroom Seasoning



Flaked Almonds



Gravy Granules



Diced Bacon



Grated Parmesan Cheese

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

Savour the warmth of herby spiced chicken, smothered in a rich peppercorn gravy and paired with velvety kumara-potato mash. A bright lemony butter adds a zesty, refreshing twist to the veggies, elevating this comforting, flavour-packed dish.

### 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

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
kumara	1 (medium)	1 (large)
<b>butter*</b> (for the mash)	40g	80g
<b>milk*</b>	2 tbs	¼ cup
asparagus	1 bunch	2 bunches
carrot	1	2
lemon	½	1
black peppercorns	½ sachet	1 sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
<b>butter*</b> (for the veggies)	20g	40g
flaked almonds	1 packet	2 packets
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)	3340kJ (798cal)	246kJ (59cal)
Protein (g)	51.7g	3.8g
Fat, total (g)	40.9g	3g
- saturated (g)	18.7g	1.4g
Carbohydrate (g)	56.1g	4.1g
- sugars (g)	22.2g	1.6g
Sodium (mg)	1024mg	75.6mg
Dietary Fibre (g)	9.9g	0.7g

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.



## 1 Make the kumara mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and **kumara**, then cut into large chunks.
- Cook **potato** and **kumara** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter (for the mash)** and **milk** to the potato and kumara, then season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato and kumara unpeeled.



## 4 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



## 2 Get prepped

- Meanwhile, trim **asparagus**. Slice **carrot** into thin sticks. Slice **lemon** into wedges.
- Crush **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **herb & mushroom seasoning** and a drizzle of **olive oil**. Set aside.



## 5 Make the gravy

- Meanwhile, in a medium heatproof bowl, combine **gravy granules**, **peppercorns** and the **boiling water**, whisking until smooth, **1 minute**.
- Add a squeeze of **lemon juice** and a pinch of **salt**, then stir to combine.



## 3 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** and the **butter (for the veggies)** over medium-high heat.
- Add **asparagus** and **carrot** and cook, tossing, until tender, **4-5 minutes**.
- In the last **2 minutes** of cook time, add **flaked almonds**, tossing until golden.
- Add a squeeze of **lemon juice** and season to taste. Transfer to a bowl and cover to keep warm.



## 6 Serve up

- Divide kumara-potato mash, lemon butter veggies and spiced chicken between plates.
- Serve with peppercorn gravy and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS

#### + ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to gravy.

#### + ADD GRATED PARMESAN CHEESE

Mash into the potato and kumara, along with the butter and milk.

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

