



# Quick Herby Chicken & Brown Butter Sauce

with Potato Mash & Steamed Veggies

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Potato



Carrot



Green Beans



Baby Leaves



Thyme



Garlic



Lemon



Chicken Breast



Seasoning Blend



Chicken Thigh



Chicken Breast

### Recipe Update

We've replaced the pea pods in this recipe with green beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

The garlicky, buttery sauce is the star of this meal, drizzled over tender chicken to add juiciness and flavour. Let's add a creamy mash to help soak up the last of that sauce, and some steamed veggies to cut through all that richness. Bon appétit!

### Pantry items

Olive Oil, Milk, Butter, Plain Flour



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
green beans	1 small packet	1 medium packet
baby leaves	1 small packet	1 medium packet
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b> (for the mash)	20g	40g
thyme	1 packet	1 packet
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	2 tbs	4 tbs
seasoning blend	1 sachet	2 sachets
<b>butter*</b> (for the sauce)	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2484kJ (426cal)	426kJ (73cal)
Protein (g)	43.6g	7.5g
Fat, total (g)	25.2g	4.3g
- saturated (g)	12.6g	2.2g
Carbohydrate (g)	48.9g	8.4g
- sugars (g)	7.9g	1.4g
Sodium (mg)	846mg	145.1mg
Dietary Fibre (g)	9.9g	1.7g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



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## Make the mash & steam the veggies

- Bring a medium saucepan of water to the boil. Cut **potato** into large chunks. Cut **carrot** into sticks. Trim **green beans**.
- Cook **potato** in the boiling water for **6 minutes**.
- Place a colander or steamer basket on top and add **carrot** and **green beans**.
- Cover with a lid and steam until veggies are tender, and potatoes are easily pierced with a fork, **7-8 minutes**. Transfer **carrot** and **green beans** to a bowl and add **baby leaves**. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk**, **butter (for the mash)** and a pinch of **salt** and mash until smooth.

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## Make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side. Transfer to a plate.
- Return frying pan to medium heat with the **butter (for the sauce)** and cook until beginning to brown, **1-2 minutes**. Add **garlic** and **thyme** and cook until fragrant, **1 minute**. Remove from heat, return **chicken** and add a squeeze of **lemon juice** and a splash of **water**. Turn to coat and season to taste.

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

## CUSTOM OPTIONS



### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.



### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



## Get prepped

- Meanwhile, pick and finely chop **thyme leaves**. Finely chop **garlic**. Slice **lemon** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **seasoning blend**. Dip **chicken** into **flour mixture** to coat.

4



## Serve up

- Divide chicken, potato mash and steamed veggies between plates.
- Spoon herby brown butter sauce over chicken and mash.
- Serve with remaining lemon wedges. Enjoy!

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

