



Creamy Spiced Chicken Strips & Potato Mash

with Garlicky Baby Broccoli & Asparagus

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Asparagus



Baby Broccoli



Garlic



Chicken Breast



Classic Roast Seasoning



Cream



Chicken-Style Stock Powder



Chicken Thigh



Chicken Breast

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

Eat Me Early

The star of tonight's meal is this homestyle sauce; velvety cream is gently infused with chicken stock to make a sauce that pairs perfectly with chicken and fluffy potato mash. You simply won't believe you made this amazing meal at home!

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
butter*	30g	60g
milk*	2 tbs	¼ cup
asparagus	1 bunch	2 bunches
baby broccoli	½ medium bunch	1 medium bunch
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
cream	½ packet	1 packet
chicken-style stock powder	½ medium sachet	1 medium sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (695Cal)	516kJ (123Cal)
Protein (g)	45.6g	8.1g
Fat, total (g)	38.7g	6.9g
- saturated (g)	24.1g	4.3g
Carbohydrate (g)	42.9g	7.6g
- sugars (g)	5.9g	1g
Sodium (mg)	1319mg	233.9mg
Dietary Fibre (g)	7.3g	1.3g

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.



Make the mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato**, then cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return **potato** to the pan. Add the **butter** and **milk** and season generously with **salt**. Mash until smooth. Cover to keep warm.

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

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



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until browned and cooked through, **3-4 minutes** each side.

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



Get prepped

- Meanwhile, trim ends of **asparagus** and cut into 1cm pieces.
- Halve any thicker stalks of **baby broccoli** (**see ingredients**) lengthways.
- Finely chop **garlic**.
- Cut **chicken breast** into 2cm strips.
- In a medium bowl, combine **classic roast seasoning** and a drizzle of **olive oil**. Add **chicken strips** and toss to coat.



Make the sauce

- Reduce heat to medium-low, then add remaining **garlic**. Cook until fragrant, **1 minute**.
- Add **cream** (**see ingredients**) and **chicken-style stock powder** (**see ingredients**) and simmer until slightly thickened, turning **chicken** to coat, **1-2 minutes**.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **asparagus** and **baby broccoli**, tossing, until tender, **5-6 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

TIP: Add a dash of water to the veggies to help speed up the cooking process.



Serve up

- Divide potato mash and garlicky baby broccoli and asparagus between plates.
- Top mash with spiced chicken strips.
- Spoon over creamy sauce from the pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



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.

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

