

Creamy Spiced Chicken Strips & Potato Mash

with Garlicky Baby Broccoli & Asparagus

SEASONAL HERO

KID FRIENDLY

Grab your meal kit with this number













Baby Broccoli





Chicken Breast





Cream



Chicken-Style Stock Powder





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



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	1/4 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!



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.



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.



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.



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.



Serve up

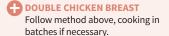
- · Divide potato mash and garlicky baby broccoli and asparagus between plates.
- Top mash with spiced chicken strips.
- · Spoon over creamy sauce from the pan to serve. Enjoy!







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



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

