



Cherry & Balsamic-Glazed Chicken

with Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Flaked Almonds



Carrot



Green Beans



Garlic



Broccoli



Chicken Thigh



Cherry Sauce

Hands-on: 25-35 mins
Ready in: 45-55 mins

Calorie Smart

Eat Me Early

Oh, happy days! With a heavenly combination of aromatic veggies tossed around in the pan, creamy mash and a sticky-sweet cherry glaze spooned over the chicken thigh, this is a modern and delicious union that will be happily devoured by all.

Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
garlic	1 clove	2 cloves
broccoli	½ head	1 head
chicken thigh	1 packet	1 packet
cherry sauce	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (622Cal)	369kJ (88Cal)
Protein (g)	45.2g	6.4g
Fat, total (g)	21.9g	3.1g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	58.4g	8.3g
- sugars (g)	32.5g	4.6g
Sodium (mg)	495mg	70mg

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 lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **butter**, **milk** and the **salt**, then mash until smooth. Cover to keep warm.



Cook the chicken

Season both sides of the **chicken thigh**. Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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



Get prepped

While the potato is cooking, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Thinly slice the **carrot** into sticks. Trim the **green beans**. Finely chop the **garlic**. Cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk.



Add the glaze

While the chicken is cooking, combine the **cherry sauce**, **balsamic vinegar**, **brown sugar** and the **water** in a small bowl, then season. When the chicken is cooked, remove the pan from the heat, then add the **cherry-balsamic glaze**. Turn the **chicken** to coat.

TIP: Stand back! The glaze can spit when added to the hot pan.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **carrot**, **green beans** and **broccoli** with a dash of **water**, tossing, until softened, **4-6 minutes**. Add the **garlic**, then season with **salt** and **pepper** and cook until fragrant, **1-2 minutes**. Transfer the **veggies** to a bowl and cover to keep warm.



Serve up

Slice the glazed chicken. Divide the mash, garlic veggies and chicken between plates. Spoon over any remaining glaze. Sprinkle with the toasted almonds to serve.

Enjoy!