



Chicken & Creamy Bechamel Sauce with Potato Mash

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit
with this symbol



Potato



Garlic



Baby Broccoli



Carrot



Aussie Spice Blend



Baby Spinach Leaves



Chicken Breast



Bechamel Sauce



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

Bechamel sauce is a fav on a lasagne, but that might have to move over because this chicken needs room to be sauced and then devoured. It's all parts mouth-watering and hearty with a fluffy mashed potato and veggies that are sure to get a dose of the loveable creamy sauce.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
garlic	3 cloves	6 cloves
baby broccoli	1 bag	1 bag
carrot	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
baby spinach leaves	1 small bag	1 medium bag
bechamel sauce	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2778kJ (664Cal)	463kJ (111Cal)
Protein (g)	44g	7.3g
Fat, total (g)	33.2g	5.5g
- saturated (g)	16.9g	2.8g
Carbohydrate (g)	47g	7.8g
- sugars (g)	20g	3.3g
Sodium (mg)	876mg	146mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3537kJ (845Cal)	466kJ (111Cal)
Protein (g)	76.5g	10.1g
Fat, total (g)	38.9g	5.1g
- saturated (g)	18.6g	2.4g
Carbohydrate (g)	47g	6.2g
- sugars (g)	20g	2.6g
Sodium (mg)	975mg	128mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1 Make the potato mash

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

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

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



4 Cook the chicken

- Wipe out and return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until cooked through, **3-5 minutes** each side. Transfer to a plate and cover to keep warm.

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

Custom Recipe: Cook chicken in batches for the best results.



2 Get prepped

- Meanwhile, finely chop **garlic**. Trim **baby broccoli** (halve any thick stalks lengthways). Thinly slice **carrot** into sticks.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken** and turn to coat.

Little cooks: Kids can help by combining the spice blend and olive oil.

Custom Recipe: If you've added extra chicken breast, combine chicken with spice blend as above.



5 Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **garlic** until fragrant, **1 minute**.
- Remove pan from heat, then add **bechamel sauce** and a splash of **water**, stirring, until warmed and slightly thickened, **1-2 minutes**.



3 Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **carrot**, tossing, until softened, **5-6 minutes**.
- Add 1/2 the **garlic** and cook, tossing, until fragrant, **1 minute**.
- Add **baby spinach leaves** and stir through until wilted. Transfer to a bowl and cover to keep warm.



6 Serve up

- Slice spiced chicken.
- Divide potato mash, veggies and chicken between plates.
- Spoon over bechamel sauce to serve. Enjoy!

Rate your recipe

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