



# Chicken & Creamy Peppercorn Sauce

with Potato Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Black Peppercorns



Chicken Breast



Flaked Almonds



Longlife Cream



Chicken-Style Stock Powder

Hands-on: 40-50 mins  
Ready in: 50-60 mins

Eat me early

One taste of this creamy peppercorn sauce and you'll want to pour it over everything! The gentle warming heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add a smooth potato mash and nutty veggies for a weeknight dinner that's better than most!

## Pantry items

Olive Oil, Milk, Butter

## 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
salt*	¼ tsp	½ tsp
milk*	2½ tbs	½ cup
butter*	60g	120g
broccolini	1 bunch	1 bunch
carrot	1	2
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 packet	1 packet
flaked almonds	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet	1 sachet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3846kJ (919Cal)	610kJ (145Cal)
Protein (g)	46.7g	7.4g
Fat, total (g)	63.5g	10.1g
- saturated (g)	36.7g	5.8g
Carbohydrate (g)	40.3g	6.4g
- sugars (g)	10g	1.6g
Sodium (mg)	747mg	118mg

## 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.



## 1 Make the potato mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **salt**, **milk** and 2/3 of the **butter** and mash using a potato masher or fork until smooth. Cover to keep warm.



## 2 Get prepped

While the potato is cooking, trim the **broccolini** and cut into 2cm pieces. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



## 3 Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the pan to a medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Add the **broccolini**, **carrot** and a splash of **water** and cook, tossing, until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.



## 4 Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** on both sides with **salt**. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side. Transfer to a plate to rest.

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



## 5 Make the peppercorn sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Add the crushed **peppercorns** and remaining **garlic** and cook until fragrant, **30 seconds**. Reduce the heat to low, then add a dash of **water** and scrape up any bits stuck to the bottom of the pan. Add the **longlife cream** (see ingredients) and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people). Cook, stirring, until the peppercorn flavour has infused and the sauce has thickened, **2-3 minutes**. Stir through any **chicken resting juices**.



## 6 Serve up

Divide the mashed potato, seared chicken and veggies between plates. Top with the creamy peppercorn sauce and sprinkle the toasted almonds over the veggies.

## Enjoy!