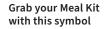


# Chicken & Creamy Peppercorn Sauce

with Potato Mash & Veggies















Carrot





Black Peppercorns



Chicken Breast



Flaked Almonds





Chicken-Style Stock Powder

**Pantry items** 

Olive Oil, Milk, Butter



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!

### 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**

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salt*	1/4 tsp	½ tsp
milk*	2½ tbs	⅓ 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

<sup>\*</sup>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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



### 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.



# 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.



## 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.



# 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.



# 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!