



Chicken & Creamy Peppercorn Sauce

with Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Black Peppercorns



Chicken Breast



Flaked Almonds




Pure Cream



Chicken-Style Stock Powder

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

 Eat me early

One taste of this creamy peppercorn sauce and you'll want to slather it on everything! The gentle heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add some mash and nutty greens 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*	2 tbs	4 tbs
butter*	60g	120g
broccoli	½ head	1 head
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
pure cream	½ bottle (150ml)	1 bottle (300ml)
chicken-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4030kJ (962Cal)	574kJ (137Cal)
Protein (g)	50.0g	7.1g
Fat, total (g)	66.8g	9.5g
- saturated (g)	37.4g	5.3g
Carbohydrate (g)	35.8g	5.1g
- sugars (g)	8.9g	1.3g
Sodium (mg)	551mg	79mg

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 the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return 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.



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.



Get prepped

While the potato is cooking, cut the **broccoli** (see ingredients) into small florets, then roughly chop the stalk. Thinly slice the **carrot** 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.



Make the peppercorn sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the crushed **peppercorns** and remaining **garlic** 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 **pure 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, **5-6 minutes**. Stir through any **chicken resting juices**.



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 small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the remaining **butter**. Cook the **broccoli** and **carrot** with a splash of **water**, tossing, until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.



Serve up

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

Enjoy!