



Homestyle Chicken & Cheesy Garlic Sauce

with Creamy Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Parsley



Aussie Spice Blend



Chicken Breast Strips



Longlife Cream



Grated Parmesan Cheese



Hands-on: **35-45 mins**
Ready in: **35-45 mins**



Eat me early

Pair chicken breast strips with our Aussie spice blend and you've got a match made in heaven. With a creamy cheese and garlicky sauce wanting to join in on the fun, we just couldn't say no. More is more in our books, and you'll love us for it!

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
Aussie spice blend	1 sachet	1 sachet
chicken breast strips	1 packet	1 packet
butter* (for the sauce)	20g	40g
longlife cream	½ packet (125ml)	1 packet (250ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3980kJ (950Cal)	547kJ (131Cal)
Protein (g)	54.6g	7.5g
Fat, total (g)	61.3g	8.4g
- saturated (g)	36.5g	5.0g
Carbohydrate (g)	40.1g	5.5g
- sugars (g)	10.0g	1.4g
Sodium (mg)	1100mg	151mg

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.



1. Make the mash

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



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2 the chicken** and cook, turning, until browned and cooked through, **3-4 minutes**. Transfer to a plate and repeat with the **remaining chicken**.

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



2. Get prepped

While the potato is cooking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. In a medium bowl, combine the **Aussie spice blend**, a **drizzle of olive oil** and season with **pepper**. Add the **chicken breast strips** and toss to coat.



5. Cook the sauce

Wipe out the frying pan and return to a medium heat. Add the **butter (for the sauce)** and the **remaining garlic** and cook until fragrant, **30 seconds**. Add the **longlife cream (see ingredients list), grated Parmesan cheese, parsley** and any **chicken resting juices**. Season with **pepper** and stir to combine. Reduce the heat to low and simmer until thickened slightly, **2-3 minutes**.



3. Cook the veggies

Heat a large frying pan over a high heat. Add the **broccoli, carrot** and a **generous splash of water** and cover with a lid or foil. Cook until softened, **5-6 minutes**. Remove the lid, then add **1/2 the garlic** and cook, stirring, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



6. Serve up

Divide the mashed potato, veggies and homestyle chicken strips between plates. Pour the cheesy garlic sauce over the chicken.

Enjoy!