

CREAMY MUSTARD CHICKEN

with Spinach Mashed Potato





Make a creamy mustard sauce















Chicken Breast



Pure Cream

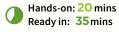


Wholegrain Mustard



Chicken Stock

Pantry Staples: Olive Oil, Milk, Butter





Serve up a comforting meal that's as good as a hug! With a flavoursome creamy mustard sauce and loads of satisfying mash, this dinner will make you feel all snuggly – perfect for a home-cooked meal with heart.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: • medium saucepan with a lid • large frying pan



PREP THE VEGGIES

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the carrot (unpeeled). Cut the **broccoli** into small florets and roughly chop the stalk. Roughly chop the baby spinach leaves. Finely chop the garlic (or use a garlic press). * TIP: Cut the veggies to the correct size so they cook in the allocated time.



COOK THE VEGGIES

Add the potato to the saucepan of boiling water and cook for 10 minutes. Place the **carrot** and **broccoli** in a colander or steamer on top of the saucepan, cover with a lid and steam until the veggies are tender and the potato is easily pierced with a knife, 5-6 minutes. Transfer the carrot and broccoli to a medium bowl and season with **salt** and pepper. Drain the potato, return to the saucepan and cover to keep warm.



COOK THE CHICKEN

While the veggies are cooking, place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Heat a drizzle of olive oil in a large frying pan over a mediumhigh heat. Season the chicken with a pinch of **salt** and **pepper** on both sides. Add the **chicken** to the pan and cook until cooked through, 3-5 minutes each side (depending on thickness). Transfer to a plate to rest.

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



MAKE THE CREAMY SAUCE

Return the frying pan to a low heat. Add the pure cream (see ingredients list), wholegrain mustard (see ingredients list) and crumbled chicken stock (1/2 sachet for 2 people / 1 cube for 4 people) and stir to combine. Simmer until thickened slightly, 3-4 minutes. Add any chicken resting juices and season to taste with salt and pepper.



MASH THE POTATO

While the sauce is simmering, add the chopped baby spinach, the milk, salt, 1/2 the **butter** and a **pinch** of **pepper** to the potato in the saucepan. Mash with a potato masher or fork until smooth. In a small microwavable bowl, place a **pinch** of **garlic** and the remaining butter. * TIP: Add as much or as little garlic as you like! Microwave in 30 second bursts until melted. Pour over the carrot and **broccoli** and toss to coat.



SERVE UP

Divide the spinach mashed potato between plates and top with the garlic butter veggies and chicken. Spoon over the creamy mustard sauce.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
carrot	1	2
broccoli	1 head	2 heads
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
pure cream	1⁄2 bottle (150ml)	1 bottle (300ml)
wholegrain mustard	1⁄2 tub (20g)	1 tub (40g)
chicken stock	½ sachet	1 cube
milk*	2½ tbs	⅓ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3770kJ (901Cal)	512kJ (122Cal)
Protein (g)	53.1g	7.2g
at, total (g)	57.9g	7.9g
saturated (g)	32.1g	4.4g
Carbohydrate (g)	37.0g	5.0g
sugars (g)	9.9g	1.4g
Sodium (g)	729mg	99mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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