



CREAMY MUSTARD CHICKEN

with Spinach Mashed Potato



Make a creamy
mustard sauce



Potato



Carrot



Broccoli



Baby Spinach
Leaves



Garlic



Chicken Breast



Pure Cream




Wholegrain Mustard



Chicken Stock

Hands-on: **20 mins**
Ready in: **35 mins**

 Eat me early

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.

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

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**



1 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.*



2 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.



3 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 medium-high 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.*



4 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**.



5 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.



6 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!

2 | 4 PEOPLE 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	½ bottle (150ml)	1 bottle (300ml)
wholegrain mustard	½ tub (20g)	1 tub (40g)
chicken stock	½ sachet	1 cube
milk*	2½ tbs	½ 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
Fat, 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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