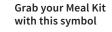


# Garlic Chicken & Mash

with Steamed Veggies & Truffle Mayo

NEW **CLIMATE SUPERSTAR KID FRIENDLY** 









Potato





**Baby Spinach** Leaves

Garlic & Herb





Italian Truffle Mayonnaise



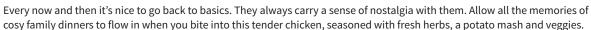
Chicken Breast



Prep in: 15-25 mins Ready in: 25-35 mins

Eat Me Early







#### 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
carrot	1	2
chicken breast	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
milk*	1 tbs	2 tbs
butter*	40g	80g
garlic & herb seasoning	1 sachet	1 sachet
honey*	1 tsp	2 tsp
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

<sup>\*</sup>Pantry Items

### **Nutrition**

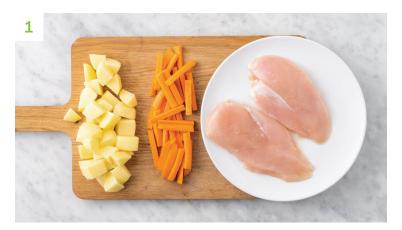
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2682kJ (641Cal)	524kJ (125Cal)
Protein (g)	38.7g	7.6g
Fat, total (g)	33.1g	6.5g
- saturated (g)	13.6g	2.7g
Carbohydrate (g)	48.3g	9.4g
- sugars (g)	21.8g	4.3g
Sodium (mg)	823mg	161mg

The quantities provided above are averages only.

#### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Thinly slice carrot into sticks.
- Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.

TIP: Save time and get more fibre by leaving the potato unpeeled!



## Cook the chicken

- While veggies are cooking, combine garlic & herb seasoning and a drizzle of olive oil in a medium bowl. Season with salt and pepper, then add chicken, turning to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
   Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the honey, turning chicken to coat.
   Transfer to a plate.

**Little cooks:** Kids can help by combining the seasoning and olive oil.

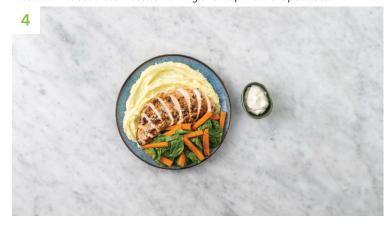
TIP: Chicken is cooked through when it's no longer pink inside.



## Cook the potato & veggies

- Cook potato in the boiling water until easily pierced with a fork,
   12-15 minutes.
- In last 8 minutes of cook time, place a colander or steamer basket on top, then add carrots. Cover and steam until carrots are tender.
- Transfer carrots to a bowl, then add baby spinach leaves, tossing until
  wilted. Season, then set aside. Drain potatoes and return to saucepan. Add
  the milk and butter. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes!



### Serve up

- · Slice garlic chicken.
- Divide mash and veggies between plates. Top with chicken.
- Serve with Italian truffle mayonnaise. Enjoy!



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