



Garlic Chicken & Mash

with Steamed Veggies & Truffle Mayo

NEW

CLIMATE SUPERSTAR

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Carrot



Baby Spinach Leaves



Garlic & Herb Seasoning



Italian Truffle Mayonnaise



Chicken Breast

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

Calorie Smart

Eat Me Early

Every now and then it's nice to go back to basics. They always carry a sense of nostalgia with them. Allow all the memories of cosy family dinners to flow in when you bite into this tender chicken, seasoned with fresh herbs, a potato mash and veggies.

Pantry items

Olive Oil, Milk, Butter, Honey

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)

*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.

1



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!

3



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.

2



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!

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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