

Golden Chicken & Garlic Kumara Mash

with Dill & Parsley Dressing

Grab your Meal Kit with this symbol



Red Kumara



Garlic



Baby Broccoli



Carrot



Capsicum



Dill & Parsley Mayonnaise



Chicken Breast



Aussie Spice Blend

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with capsicum, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Milk

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

This take on meat and three veg has just enough little tricks to transform your regular dinner into a family favourite. The garlicky kumara mash and herby mayo are out of this world!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red kumara	1	2
garlic	3 cloves	6 cloves
butter*	40g	80g
milk*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
baby broccoli	1 bag	1 bag
carrot	1	2
capsicum	1	2
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water*	½ tbs	1 tbs
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	511kJ (122Cal)
Protein (g)	40.2g	6.8g
Fat, total (g)	39.7g	6.7g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	51.2g	8.7g
- sugars (g)	16.4g	2.8g
Sodium (mg)	1215mg	206mg

The quantities provided above are averages only.

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.



Make the kumara mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **red kumara** and cut into large chunks. Finely chop the **garlic**. Cook the **kumara** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain the **kumara** and set aside. Return the saucepan to a medium-high heat with a drizzle of **olive oil**. Cook 1/2 the **garlic** until fragrant, **1 minute**. Return the **kumara** to the saucepan, then add the **butter**, **milk** and the **salt** and mash until smooth. Cover to keep warm.



Get prepped

While the kumara is cooking, trim the **baby broccoli** and halve lengthways. Cut the **carrot** into thin sticks. Thinly slice the **capsicum**. In a small bowl, combine the **dill & parsley mayonnaise** and the **water**. Set aside.



Flavour the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken**, season with **pepper** and turn to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side. Transfer to a plate.

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



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli**, **carrot** and **capsicum** until softened, **4-5 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Season to taste.

TIP: Add a dash of water to help the veggies cook faster!



Serve up

Slice the golden chicken. Divide the chicken, garlic kumara mash and veggies between plates. Drizzle over the dill-parsley dressing to serve.

Enjoy!