



Italian-Style Chicken & Creamy Pesto Sauce with Mashed Potato

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Nutrition Per Serving: Energy 4376kJ (1046Cal) | Protein 39.8g | Fat, total 88.4g - saturated 46.2g | Carbohydrate 26.2g - sugars 11.5g | Sodium 812mg
Carb Smart | The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Breast Strips	1 pkt	1 pkt
Mashed Potato	1 medium pkt	1 large pkt
Basil Pesto	1 pkt (50g)	1 pkt (100g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Chicken Breast Strips



Italian Herbs

2. Zap



Cucumber



Tomato



Salad Leaves



Balsamic & Olive Oil Dressing



Mashed Potato

3. Simmer



Cream



Basil Pesto

- Heat **olive oil** in a frying pan over medium-high heat
- In a bowl, combine **chicken strips** and **Italian herbs** with a drizzle of **oil**
- Cook **chicken** until cooked through, **3-4 mins** each side
- Season and transfer to a plate

- Meanwhile, roughly chop **cucumber** and **tomato**. In a medium bowl, combine, **cucumber, tomato, salad leaves** and **dressing**
- Transfer **mashed potato** to a bowl
- Microwave until hot and steaming, **3 mins**. Season to taste

- Return frying pan to medium-low heat, then stir in **cream** (1/2 bottle for 2P / 1 bottle for 4P) and cook until slightly thickened, **1-2 mins**
- Remove from heat, then stir in **pesto** until combined. Season to taste
- Plate up mash, chicken and salad
- Spoon over creamy sauce to serve

