



# Seared Chicken & Creamy Onion Sauce

with Steamed Green Beans & Veggie Mash

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Onion



Aussie Spice Blend



Chicken-Style Stock Powder



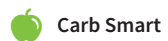
Cream



Chicken Breast

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced leek with onion, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 30-40 mins



Eat Me Early

There's only one soulmate sauce for a tender chicken and that's a white sauce. Add some onion to this creamy dream and drizzle it over to serve beside a cheerful veggie mash of potato and carrot.

### Pantry items

Olive Oil, Butter

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
carrot	2	4
green beans	1 bag (100g)	1 bag (200g)
onion	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
cream	½ bottle (125ml)	1 bottle (250ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2608kJ (623Cal)	437kJ (104Cal)
Protein (g)	39.6g	6.6g
Fat, total (g)	36.3g	6.1g
- saturated (g)	21.5g	3.6g
Carbohydrate (g)	34.4g	5.8g
- sugars (g)	16.6g	2.8g
Sodium (mg)	1227mg	206mg
Dietary Fibre (g)	9.4g	1.6g

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](https://hellofresh.co.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 **carrot**, then cut both into small chunks. Trim **green beans**. Thinly slice **onion**.
- Cook **potato** and **carrot** in the boiling water, over high heat, until easily pierced with a fork, **10-15 minutes**.



## Cook the chicken

- Meanwhile, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **chicken steaks** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Set aside on a plate and cover to keep warm.

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



## Prep the chicken

- While the potato and carrot are cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin **steaks**.
- In a medium bowl combine **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and toss to coat.



## Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **chicken-style stock powder** and **cream** (see ingredients). Cook, stirring, until slightly thickened, **1-2 minutes**.

**TIP:** Add a splash of water if the sauce looks too thick.



## Steam the green beans

- When the potato and carrot have **7-8 minutes** remaining, place a colander or steamer basket on top of the saucepan and add **green beans**.
- Cover with a lid and steam until the green beans are tender. Transfer **green beans** to a bowl, season to taste and cover to keep warm.
- Drain **potato** and **carrot**, then return to the saucepan. Add the **butter** and a pinch of **salt** and mash until smooth. Cover to keep warm.



## Serve up

- Divide veggie mash and seared chicken between plates. Top with creamy onion sauce.
- Serve with steamed green beans. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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