



# Seared Chicken & Sour Cream Sauce

with Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Chicken-Style Stock Powder



Carrot



Broccoli



Nan's Special Seasoning



Chicken Breast Strips



Garlic Paste



Sour Cream



Parsley

Hands-on: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

The star of tonight's meal is this homestyle sauce; velvety sour cream is gently infused with Nan's special seasoning to make a sauce that pairs perfectly with chicken and fluffy potato mash. You simply won't believe you made this amazing meal at home!

### Pantry items

Olive Oil, Milk, 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        |
|----------------------------|-----------------|-----------------|
| olive oil*                 | refer to method | refer to method |
| potato                     | 2               | 4               |
| chicken-style stock powder | 1 sachet (5g)   | 1 sachet (10g)  |
| milk*                      | 2½ tbs          | ½ cup           |
| butter*                    | 40g             | 80g             |
| carrot                     | 1               | 2               |
| broccoli                   | ½ head          | 1 head          |
| Nan's special seasoning    | 1 sachet        | 1 sachet        |
| chicken breast strips      | 1 packet        | 1 packet        |
| garlic paste               | 1 packet        | 1 packet        |
| sour cream                 | 1 medium packet | 1 large packet  |
| parsley                    | 1 bag           | 1 bag           |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2940kJ (703Cal) | 417kJ (100Cal) |
| Protein (g)      | 45.6g           | 6.5g           |
| Fat, total (g)   | 34.6g           | 4.9g           |
| - saturated (g)  | 20.2g           | 2.9g           |
| Carbohydrate (g) | 50.1g           | 7.1g           |
| - sugars (g)     | 20.1g           | 2.8g           |
| Sodium (mg)      | 1553mg          | 220mg          |

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.



## 1 Make the mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **chicken-style stock powder**, the **milk** and 1/2 the **butter**, then mash until smooth. Season to taste, then cover to keep warm.

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



## 2 Get prepped

While the potato is cooking, thinly slice the **carrot** into sticks. Cut the **broccoli** (see ingredients) into small florets, then roughly chop the stalk. In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add the **chicken breast strips** and toss to coat.



## 3 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccoli**, tossing, until tender, **4-6 minutes**. Add 1/2 the **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl and cover to keep warm.

**TIP:** Add a dash of water to the veggies to help speed up the cooking process.



## 4 Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until browned and cooked through, **3-4 minutes** each side.



## 5 Make the sauce

Reduce the heat to medium, then add the remaining **garlic paste** and **butter** and cook until fragrant, **1 minute**. Remove from the heat, then add the **sour cream** and stir to combine.



## 6 Serve up

Divide the mash, garlic veggies and seared chicken between plates. Spoon over the sour cream sauce from the pan and tear over the **parsley** to serve.

Enjoy!