



# Sour Cream & Herb Chicken

with Garlicky Veggie Mash & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Chicken-Style Stock Powder



Tomato



Chives



Boneless Chicken Drumsticks



Garlic & Herb Seasoning



Sour Cream



Mixed Salad Leaves

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

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me Early

Carb Smart

Chives and sour cream are the unexpected partners that work perfectly when draped over tender chicken. Serve it alongside fluffy veggie mash and Bob's your uncle!

**Pantry items**

Olive Oil, Butter, White Wine Vinegar



## 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
potato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
butter*	40g	80g
tomato	1	2
chives	1 bag	1 bag
boneless chicken drumsticks	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
sour cream	1 medium packet	1 large packet
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2384kJ (570Cal)	466kJ (111Cal)
Protein (g)	37g	7.2g
Fat, total (g)	32.8g	6.4g
- saturated (g)	19.7g	3.9g
Carbohydrate (g)	29.7g	5.8g
- sugars (g)	14.9g	2.9g
Sodium (mg)	1197mg	234mg
Dietary Fibre (g)	4.3g	0.8g

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 veggie mash

- Boil the kettle. Half-fill a medium saucepan with the boiling water and a pinch of **salt**.
- Cut **potato** and **carrot** into large chunks. Crush **garlic** using the flat side of a knife and peel.
- Cook **potato**, **carrot** and **garlic** in boiling water until tender and easily pierced with a fork, **10-15 minutes**.
- Drain and return **veggies** to the pan. Add **chicken-style stock powder** and the **butter**. Mash until smooth, then cover to keep warm.

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

3



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Remove pan from the heat, then add **sour cream** and **chives** (reserve a pinch for garnish), turning **chicken** to coat. Season with **pepper**.

2



## Get prepped

- While the veggies are cooking, roughly chop **tomato**. Finely chop **chives**. Cut **boneless chicken drumsticks** into 2cm chunks.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

4



## Serve up

- In a medium bowl, combine **mixed salad leaves**, tomato, a pinch of salt and a drizzle of **white wine vinegar** and olive oil.
- Divide garlicky veggie mash and herb chicken between plates.
- Spoon over sour cream sauce and garnish with the reserved chives.
- Serve with tomato salad.

## Enjoy!