

Spiced Chicken & Onion Gravy

with Potato Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Onion



Seasoning Blend



Black Peppercorns



Herbs



Chicken Breast

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Calorie Smart

Want an easy way to make dinner a little more interesting without having to add a tonne of spices and extra ingredients? We highly recommend our sweet yet peppery onion gravy to drizzle over the chicken. Soak it up with a fluffy mashed potato and dinner has reached a new level of tastiness.

Pantry items

Olive Oil, Plain Flour, Red Wine Vinegar
Brown Sugar, Butter, Milk

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 · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
onion	1 (medium)	1 (large)
seasoning blend	1 sachet	2 sachets
chicken breast	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
plain flour*	1 tsp	2 tsp
red wine vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
water*	½ cup	1 cup
butter*	60g	120g
milk*	2 tbs	¼ cup
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2644kJ (632Cal)	443kJ (106Cal)
Protein (g)	40.6g	6.8g
Fat, total (g)	31.2g	5.2g
- saturated (g)	18.1g	3g
Carbohydrate (g)	48.7g	8.2g
- sugars (g)	19.5g	3.3g
Sodium (mg)	1435mg	240mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Thinly slice **carrot** into sticks. Trim **green beans**. Thinly slice **onion**.
- Cook **potato** in the boiling water, until easily pierced with a fork, **12-15 minutes**.

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

Little cooks: Older kids can help peel the potato under adult supervision.



Make the gravy

- Meanwhile, crush **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **6-7 minutes**.
- Reduce heat to medium, then add the **plain flour** and cook until fragrant, **1 minute**.
- Add remaining **seasoning blend**, the **red wine vinegar**, **brown sugar**, **water**, crushed **peppercorns** and 1/2 the **butter**. Cook, stirring, until thickened, **1-2 minutes**.

TIP: Add a splash more water if the gravy looks too thick.



Cook the chicken

- Meanwhile, combine 1/2 the **seasoning blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned, **2 minutes** each side.
- Transfer **chicken** to a lined oven tray and roast until cooked through, **8-12 minutes**.

TIP: Chicken is cooked through when it is no longer pink inside.



Finish the mash

- Transfer the **carrot** and **green beans** to a medium bowl, season with **salt** and **pepper** and cover to keep warm.
- Drain **potato** and return to the saucepan. Add the **milk** and remaining **butter** and mash until smooth. Season generously with **salt**.

Little cooks: Get those muscles working and help mash the potatoes!



Steam the veggies

- When the potato has **7-8 minutes** remaining, place a colander or steamer basket on top of saucepan and add **carrot** and **green beans**.
- Cover with a lid and steam until **veggies** are tender and **potato** can be easily pierced with a fork.



Serve up

- Divide spiced chicken, potato mash and steamed veggies between plates.
- Top chicken with onion gravy.
- Tear over **herbs** to serve. Enjoy!

Little cooks: Help tear over the herbs.

Rate your recipe

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