



# Chicken & Creamy Chive Sauce

with Sweet Potato Wedges & Garlic Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Carrot



Garlic



Chives



Chicken Breast



Light Cooking Cream



Chicken Stock

Hands-on: **20-30** mins  
Ready in: **30-40** mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Low Calorie

With their delicate onion flavour and vibrant colour, chives make a sauce sing! This creamy chive sauce for seared chicken breast is packed with flavour, and with roasted potato wedges and garlicky greens on the side it makes a meal that everyone will love!

## Pantry items

Olive Oil

## 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

Oven tray lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken breast	1 packet	1 packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2293kJ (547Cal)	388kJ (92Cal)
Protein (g)	39.6g	6.7g
Fat, total (g)	25.5g	4.3g
- saturated (g)	13.2g	2.2g
Carbohydrate (g)	39.1g	6.6g
- sugars (g)	21g	3.6g
Sodium (mg)	419mg	71mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.

**TIP:** Spread across two trays if it can't fit in a single layer!



## 2. Get prepped

While the wedges are roasting, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **chives**.



## 3. Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining **chicken**. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Season the **chicken** on both sides with **salt** and **pepper** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate and cover to keep warm.

**TIP:** If your pan is getting crowded, cook in batches for the best results!

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



## 4. Cook the garlic veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **carrot**, season with **salt** and **pepper** and cook, stirring, until just tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a plate.



## 5. Make the sauce

Return the frying pan to a medium-low heat and add the **light cooking cream**, **chives** and crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Cook, scraping up any meaty bits from the pan, until slightly thickened, **1-2 minutes**. Season to taste with **salt** and **pepper**.

**TIP:** Add any resting juices from the chicken to the sauce for extra flavour!



## 6. Serve up

Thinly slice the chicken, then divide between plates along with the sweet potato wedges and garlic veggies. Drizzle the creamy chive sauce over the chicken to serve.

## Enjoy!