

Chicken & Creamy Chive Sauce

with Sweet Potato Wedges & Garlic Veggies

Grab your Meal Kit with this symbol



Zucchini



Sweet Potato



Carrot



Garlic



Chives



Chicken Breast





Light Cooking Cream



Chicken Stock

 Hands-on: **30-40 mins**
 Ready in: **40-50 mins**
 Naturally gluten-free
Not suitable for Coeliacs

 Calorie Smart
 Eat me early

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 sweet potatoes and garlicky veggies on the side it makes a meal 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
zucchini	1	2
sweet potato	2	4
carrot	1	2
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken breast	1 small packet	1 large 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)	2176kJ (520Cal)	327kJ (78Cal)
Protein (g)	45.8g	6.9g
Fat, total (g)	19g	2.9g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	39.6g	5.9g
- sugars (g)	21.8g	3.3g
Sodium (mg)	397mg	60mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 **salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time. Divide the wedges between two trays if they can't fit on a single layer.



Get prepped

While the wedges are roasting, thinly slice the **zucchini** into half-moons. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Finely chop the **chives**.



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. Heat a drizzle of **olive oil** in a large frying pan 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). Cook in batches if your pan is getting crowded. Transfer to a plate to rest.



Cook the garlic veggies

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



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.

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



Serve up

Slice the chicken. Divide the chicken, sweet potato wedges and garlic veggies between plates. Drizzle the creamy chive sauce over the chicken to serve.

Enjoy!