



Chicken & Creamy Red Pesto Sauce

with Garlic Mash & Zesty Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Light Cooking Cream



Green Beans



Carrot



Lemon



Chicken Breast



Nan's Special Seasoning



Red Pesto



Chicken Stock

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

What's a quick and easy way to bring a rich flavour to a dish? Add our popular spice blend - Nan's special seasoning, with paprika, pepper, onion and garlic! Use it to coat chicken breast, then drizzle with our creamy red pesto sauce and mashed potato for a dish that's all kinds of yum.

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
butter*	30g	60g
light cooking cream	1 packet (150ml)	2 packets (300ml)
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
lemon	½	1
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
red pesto	½ packet (25g)	1 packet (50g)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	498kJ (119Cal)
Protein (g)	42.2g	6.4g
Fat, total (g)	49.8g	7.5g
- saturated (g)	22.5g	3.4g
Carbohydrate (g)	41.2g	6.2g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1015mg	154mg

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.



1. Cook the garlic mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Add the **potato** to the boiling **water** and cook until easily pierced with a knife, **10-15 minutes**. Drain. Return the saucepan to a medium-high heat with a **drizzle of olive oil** and add **1/2 the butter**. Add the **garlic** and cook, until fragrant, **1 minute**.

Remove from the heat and return the **potato** to the saucepan. Add some of the **light cooking cream (1 1/2 tbs for 2 people / 1/4 cup for 4 people)**, the **salt**, and the **remaining butter**. Mash with a potato masher or fork until smooth.



4. Cook the veggies

Wipe out and return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until slightly softened, **2 minutes**. Add the **green beans** and a **dash of water** and cook until softened, **4-5 minutes**. Add the **lemon zest** and a **squeeze of lemon**, then stir to coat. Transfer to a plate.



2. Get prepped

While the potato is cooking, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into thin batons. Zest the **lemon** to get a **good pinch** and slice into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



3. Cook the chicken

In a medium bowl, combine **Nan's special seasoning** and a **drizzle of olive oil**. Add the **chicken** and toss to coat. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Cook the **chicken** in batches until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a bowl. Cover and set aside.

TIP: The chicken is cooked through when it's no longer pink inside.



5. Cook the sauce

Return the frying pan to a medium heat and add the **red pesto (see ingredients list)**, the **remaining cooking cream**, crumbled **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**, **chicken resting juices** and a **pinch of pepper**. Cook, stirring, until slightly thickened, **3-4 minutes**.



6. Serve up

Divide the veggies, garlic mash and chicken between plates. Top with the creamy red pesto sauce. Serve with any remaining lemon wedges.

Enjoy!