

Chicken & Creamy Italian Sauce

with Garlic Mash & Zesty Vegetables

Grab your Meal Kit with this symbol



Potato



Garlic



Light Cooking Cream



Green Beans



Carrot



Lemon



Chicken Breast



Nan's Special Seasoning



Red Pesto



Vegetable Stock Powder

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early

What's a quick and easy way to add a depth of flavour to a dish? Add our popular spice blend - Nan's Special Seasoning! With a medley of paprika, pepper, onion and garlic, use it to coat juicy chicken breast, then add a rich red pesto sauce and creamy mash for a dish that's simply delish.

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 with a lid · 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 medium packet	2 medium packets
salt*	¼ tsp	½ tsp
green beans	1 small bag (100g)	1 medium 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)
vegetable stock powder	½ medium sachet	1 medium sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2893kJ (691Cal)	455kJ (108Cal)
Protein (g)	46.4g	7.3g
Fat, total (g)	37.7g	5.9g
- saturated (g)	20.2g	3.2g
Carbohydrate (g)	41.1g	6.5g
- sugars (g)	14.7g	2.3g
Sodium (mg)	971mg	153mg

The quantities provided above are averages only.

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.



Cook the garlic mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Finely chop the **garlic**. Add the **potato** to the boiling water. Cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato**, then set aside in a medium bowl. Return saucepan to a medium-high heat with a drizzle of **olive oil** and 1/2 the **butter**. Add the **garlic** and cook until fragrant, **1 minute**. Remove from heat. Return the **potato** to the saucepan, then add the remaining **butter**, some of the **light cooking cream** (2 tbs for 2 people / 1/4 cup for 4 people) and the **salt**. Mash until smooth. Cover to keep warm.



Cook the veggies

Wipe out the frying pan and return 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, tossing, until softened, **4-5 minutes**. Add the **lemon zest** and a squeeze of **lemon**, stirring to coat. Divide the **veggies** between serving plates. Cover to keep warm.



Get prepped

While the potato is cooking, trim the **green beans**. Slice the **carrots** into thin sticks. Zest the **lemon** to get a good pinch, then slice into wedges. Place your hand flat on top of each **chicken breast**, then use a sharp knife to slice through horizontally to make two thin steaks.



Cook the sauce

Return the frying pan to a medium heat, then add the **red pesto** (see ingredients), **vegetable stock powder** (see ingredients), chicken resting juices, a pinch of **pepper** and the remaining **light cooking cream**. Cook, stirring, until slightly thickened, **3-4 minutes**.



Cook the chicken

In a medium bowl, combine **Nan's special seasoning** with a drizzle of **olive oil**. Add the **chicken steaks**, turning to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Set aside and cover to keep warm.

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



Serve up

Divide the chicken and garlic mash between the serving plates with the zesty veggies. Top with the creamy Italian sauce. Serve with any remaining lemon wedges.

Enjoy!

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