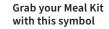


# Chicken & Creamy Italian Sauce

with Garlic Mash & Zesty Vegetables













Potato



Light Cooking



Green Beans





Carrot



Chicken Breast



Nan's Special Seasoning





Vegetable Stock Powder

**Pantry items** Olive Oil, Butter

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



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.

## 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

| 11191 001100            |                       |                        |  |
|-------------------------|-----------------------|------------------------|--|
|                         | 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*                   | 1/4 tsp               | ½ tsp                  |  |
| green beans             | 1 small bag<br>(100g) | 1 medium bag<br>(200g) |  |
| carrot                  | 1                     | 2                      |  |
| lemon                   | 1/2                   | 1                      |  |
| chicken breast          | 1 small packet        | 1 large packet         |  |
| Nan's special seasoning | 1 sachet              | 2 sachets              |  |
| red pesto               | ½ packet<br>(25g)     | 1 packet<br>(50g)      |  |
| vegetable stock         | ½ medium sachet       | 1 medium sachet        |  |

<sup>\*</sup>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.



## 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 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.



## 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.



## 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**.



## 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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