



Chicken & Creamy Italian 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

Prep in: **30-40 mins**
Ready in: **35-45 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

Add a depth of flavour to your dinner by reaching for Nan's Special Seasoning! With a medley of paprika, pepper, onion and garlic, it's the perfect coating for juicy chicken breast. Add a rich red pesto sauce, creamy mash and lemony veggies for a dish that's all-round delish. Little chefs can help with this one, too.

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	1 large packet
green beans	1 small bag	1 medium bag
carrot	1	2
lemon	½	1
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
red pesto	½ packet (25g)	1 packet (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665Cal)	448kJ (107Cal)
Protein (g)	45.2g	7.3g
Fat, total (g)	34.1g	5.5g
- saturated (g)	17.4g	2.8g
Carbohydrate (g)	41.4g	6.7g
- sugars (g)	13g	2.1g
Sodium (mg)	621mg	100mg

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.

1



Cook the garlic mash

Bring a medium saucepan of lightly salted water to the boil. Peel **potato** (or leave unpeeled for more fibre!), then cut into large chunks. Finely chop **garlic**. Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain, then transfer to a bowl. Return saucepan to medium-high heat with a drizzle of **olive oil** and 1/2 the **butter**. Cook **garlic**, stirring, until fragrant, **1 minute**. Remove from heat. Return **potato** to pan, then add remaining **butter** and some **light cooking cream** (2 tbs for 2 people / 1/4 cup for 4 people). Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potato!

4



Cook the veggies

Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until slightly softened, **2 minutes**. Add **green beans** and a dash of **water** and cook until softened, **4-5 minutes**. Stir in the **lemon zest** and a squeeze of **lemon juice**. Transfer to a bowl. Cover to keep warm.

2



Get prepped

While potato is cooking, trim **green beans**. Slice **carrot** into thin sticks. Zest **lemon** to get a good pinch, then slice into wedges. Place your hand flat on top of each **chicken breast** and 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 **chicken**, tossing to coat. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.

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

5



Cook the sauce

Return frying pan to medium heat. Cook **red pesto** (see ingredients), remaining **cooking cream** and any chicken **resting juices**, stirring, until slightly thickened, **3-4 minutes**. Season with **salt** and **pepper**.

6



Serve up

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

Little cooks: Add the finishing touch by drizzling the sauce on top. Be careful, it's hot!

Enjoy!

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