



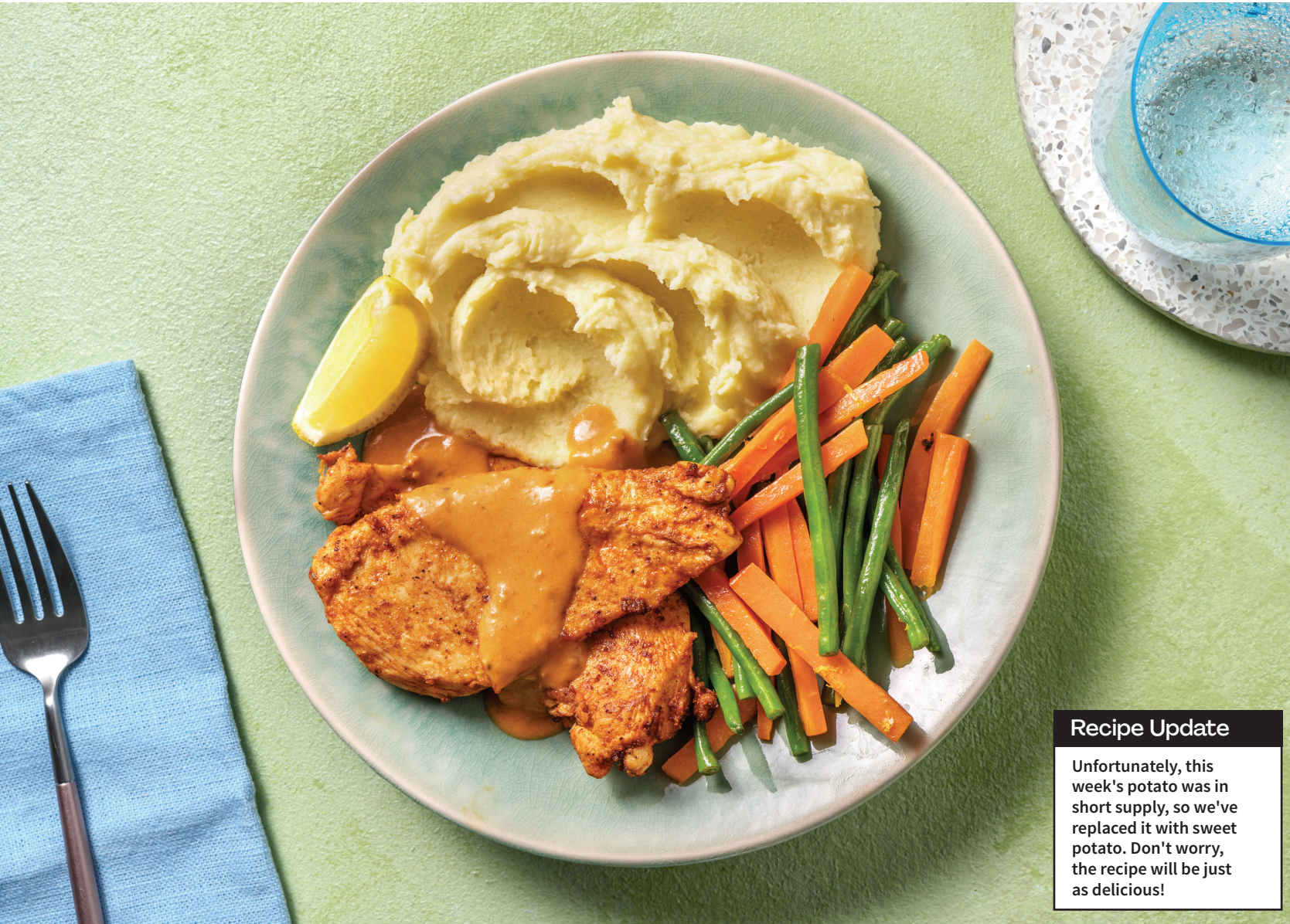
# Chicken & Creamy Red Pesto Sauce

with Garlicky Mash & Zesty Veggies

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Green Beans



Carrot



Nan's Special Seasoning



Lemon



Light Cooking Cream



Chicken Breast



Red Pesto



Plant-Based Crumbed Chicken

### Recipe Update

Unfortunately, this week's potato was in short supply, so we've replaced it with sweet potato. Don't worry, the recipe will be just as delicious!

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

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 cooks can help with this one, too.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic	1 clove	2 cloves
<b>butter*</b>	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)
plant-based crumbed chicken**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2724kJ (651Cal)	438kJ (104Cal)
Protein (g)	42.1g	6.8g
Fat, total (g)	36.9g	5.9g
- saturated (g)	18.3g	2.9g
Carbohydrate (g)	35.7g	5.7g
- sugars (g)	15g	2.4g
Sodium (mg)	638mg	103mg
Dietary Fibre (g)		

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3280kJ (783Cal)	578kJ (138Cal)
Protein (g)	23.4g	4.1g
Fat, total (g)	51.2g	9g
- saturated (g)	18.6g	3.3g
Carbohydrate (g)	54.7g	9.6g
- sugars (g)	16g	2.8g
Sodium (mg)	1326mg	234mg

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

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW44



## Cook the garlic mash

- Boil the kettle. Half-fill a large saucepan with the boiling **water**, then add a generous pinch of **salt**.
- Peel **sweet potato** and cut into large chunks. Finely chop **garlic**.
- Cook **sweet 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 **sweet 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!



## 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 tender, **4-5 minutes**.
- Stir in **lemon zest** and a squeeze of **lemon juice**. Transfer to a bowl. Cover to keep warm.



## Get prepped

- Meanwhile, 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.



## 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**.
- Remove pan from heat.



## Cook the chicken

- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken**, turning 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's no longer pink inside.

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, season, as above. In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook the plant-based chicken until golden and heated through, 2-3 minutes each side. Transfer to a paper towel-lined plate.



## Serve up

- Divide chicken, zesty veggies and garlicky mash between plates. Top with creamy red pesto sauce.
- Serve with any remaining lemon wedges. Enjoy!

**Little cooks:** Under adult supervision, add the finishing touch by drizzling the sauce on top.

## Rate your recipe

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