



Chicken & Creamy Peppercorn Sauce

with Potato Mash & Greens

Grab your Meal Kit with this symbol



Potato



Green Beans



Silverbeet



Garlic



Black Peppercorns



Chicken Breast



Walnuts



Light Cooking Cream



Chicken Stock

Hands-on: **40-50 mins**
Ready in: **40-50 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

One taste of this creamy peppercorn sauce and you'll want to slather it on everything! The gentle heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add some mash and nutty greens for a weeknight dinner that's better than most!

Pantry items

Olive Oil, Milk, 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
green beans	1 bag (100g)	1 bag (200g)
silverbeet	1 bunch	1 bunch
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 small packet	1 large packet
salt*	¼ tsp	½ tsp
milk*	2 tbs	½ cup
butter*	50g	100g
walnuts	1 packet	1 packet
light cooking cream (150ml)	1 packet	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3307kJ (790Cal)	540kJ (129Cal)
Protein (g)	42.9g	7g
Fat, total (g)	54.3g	8.9g
- saturated (g)	27.8g	4.5g
Carbohydrate (g)	33.7g	5.5g
- sugars (g)	7.9g	1.3g
Sodium (g)	805mg	131mg

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. Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Roughly chop the **silverbeet**. Finely chop the **garlic** (or use a garlic press). Crush the **black peppercorns** (see ingredients list) in a pestle and mortar, or in their sachet using a rolling pin. Place your hand flat on top of each **chicken breast** and slice horizontally, without cutting all the way through. Open up the **chicken breast** like a book.



4. Cook the chicken

Return the pan to a medium-high heat with a **drizzle of olive oil**. Season the **butterflied chicken** on both sides with **salt**, then add to the pan. Cook until cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

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



2. Make the potato mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **salt**, **milk** and **1/2 the butter** and mash using a potato masher or fork until smooth. Cover to keep warm.



5. Make the peppercorn sauce

Return the pan to a medium heat with a **drizzle of olive oil**. Add the crushed **peppercorns** and **remaining garlic** and cook for **30 seconds** or until fragrant. Reduce the heat to low, add a **dash of water** and scrape up any bits stuck to the bottom of the pan. Add the **light cooking cream** and crumble in the **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**. Cook, stirring, until thickened, **2-3 minutes**. Add any **chicken resting juices** and season to taste.



3. Cook the greens

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **walnuts** and toast until golden, **3-4 minutes**. Transfer to a plate. Return the pan to a medium-high heat with **1/2 the butter** and a **drizzle of olive oil**. Add the **green beans** and **silverbeet** and cook until just tender, **4-5 minutes**. Add **1/2 the garlic** and cook until fragrant, **30 seconds**. Season to taste and transfer to a bowl. Cover to keep warm.

TIP: Add a splash of water to help the veggies cook faster.



6. Serve up

Toss the walnuts through the greens. Divide the potato mash, chicken and greens between plates. Spoon the creamy peppercorn sauce over the chicken to serve.

Enjoy!