



Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Broccoli



Garlic



Black Peppercorns



Chicken Breast



Light Thickened Cream



Chicken Stock

Hands-on: 40-50 mins
Ready in: 50-60 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 greens for a weeknight dinner that's better than most!

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
sweet potato	2	4
salt*	¼ tsp	½ tsp
butter*	40g	80g
green beans	1 bag (100g)	1 bag (200g)
broccoli	1	2
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 small packet	1 large packet
light thickened cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3074kJ (734Cal)	437kJ (104Cal)
Protein (g)	47.6g	6.8g
Fat, total (g)	42.7g	6.1g
- saturated (g)	24.1g	3.4g
Carbohydrate (g)	35g	5g
- sugars (g)	16.6g	2.4g
Sodium (mg)	731mg	104mg

Allergens

Always read product labels for the most up-to-date allergen information.

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



Make the sweet potato mash

Bring a medium saucepan of salted water to the boil. Peel the **sweet potato** and cut into 2cm chunks. Add the **sweet potato** to the saucepan of **boiling water** and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the **sweet potato** to the saucepan. Add the **salt** and 1/2 the **butter** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



Pan-fry the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** on both sides with **salt**. Cook the **chicken**, in batches, until cooked through, **2-4 minutes** each side. Transfer to a plate to rest.

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



Get prepped

While the sweet potato is cooking, trim the **green beans**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic**. Crush the **black peppercorns** (see ingredients) in a pestle and mortar, or in their sachet using a rolling pin. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Make the peppercorn sauce

Return the pan to a medium heat with a drizzle of **olive oil** (no need to wash the pan!). Add the crushed **peppercorns** and remaining **garlic** and cook until fragrant, **30 seconds**. 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 thickened cream** and **crumbled chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Cook, stirring, until the flavours have infused and the sauce has thickened, **2-3 minutes**. Add any **chicken resting juices** to the sauce.



Cook the veggies

Heat a large frying pan over a medium-high heat with the **remaining butter** and a drizzle of **olive oil**. Add the **green beans, broccoli** and a splash of **water** and cook, tossing, until just tender, **6-8 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.



Serve up

Divide the sweet potato mash, chicken and veggies between plates. Top with the creamy peppercorn sauce.

Enjoy!