



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



Chicken Breast



Hands-on: 40-50 mins
Ready in: 50-60 mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



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

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.

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 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
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	436kJ (104Cal)
Protein (g)	45.7g	6.6g
Fat, total (g)	42.2g	6.1g
- saturated (g)	24g	3.5g
Carbohydrate (g)	34.8g	5g
- sugars (g)	16.6g	2.4g
Sodium (mg)	724mg	105mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3833kJ (916Cal)	448kJ (107Cal)
Protein (g)	75.9g	8.9g
Fat, total (g)	50.4g	5.9g
- saturated (g)	26.5g	3.1g
Carbohydrate (g)	34.8g	4.1g
- sugars (g)	16.6g	1.9g
Sodium (mg)	826mg	97mg

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.



Make the sweet potato mash

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



Cook the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** with **salt**. Cook the **chicken** 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.*

CUSTOM RECIPE

If you're cooking double the chicken, cook in batches for the best results.



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**. Lightly 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**. 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 sauce has thickened, **2-3 minutes**. Add any **chicken resting juices** to the sauce and stir to combine.



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!