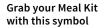


Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Veggies











Sweet Potato



Green Beans









Chicken Breast

Black Peppercorns



Light Thickened Cream



Chicken Stock



Pantry items

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



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.



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

g			
2 People	4 People		
refer to method	refer to method		
2	4		
1/4 tsp	½ tsp		
40g	80g		
1 bag (100g)	1 bag (200g)		
1	2		
2 cloves	4 cloves		
½ sachet	1 sachet		
1 small packet	1 large packet		
1 packet (150ml)	2 packets (300ml)		
½ cube	1 cube		
1 small packet	1 large packet		
	refer to method 2 ½ tsp 40g 1 bag (100g) 1 2 cloves ½ sachet 1 small packet 1 packet (150ml) ½ cube		

^{*}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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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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.



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.



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.



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.



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.



Serve up

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

Enjoy!