

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



Chicken Breast

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

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

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 weeknight dinner that's better than most!

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

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 with lid · 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	¼ cup
butter*	50g	100g
walnuts	1 packet	1 packet
light cooking 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)	3110kJ (743Cal)	516kJ (123Cal)
Protein (g)	39.7g	6.6g
Fat, total (g)	50.9g	8.4g
- saturated (g)	27.5g	4.6g
Carbohydrate (g)	33g	5.5g
- sugars (g)	7.4g	1.2g
Sodium (mg)	796mg	132mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4263kJ (1018Cal)	556kJ (132Cal)
Protein (g)	71.6g	9.3g
Fat, total (g)	67.2g	8.8g
- saturated (g)	30.5g	4g
Carbohydrate (g)	33.3g	4.3g
- sugars (g)	7.7g	1g
Sodium (mg)	899mg	117mg

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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Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Trim the **green beans**. Roughly chop the **silverbeet**. 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 slice horizontally, without cutting all the way through. Open up the **chicken breast** like a book.



Cook the chicken

Return the pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** on both sides with **salt**, then cook 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've doubled your chicken, cook in batches for the best results!



Make the potato mash

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



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.



Cook the greens

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, 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**. Cook the **green beans** and **silverbeet** until just tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.

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



Serve up

Divide the potato mash, seared chicken and greens between plates. Spoon the creamy peppercorn sauce over the chicken. Sprinkle the toasted walnuts over the greens.

Enjoy!