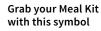


Chicken & Creamy Peppercorn Sauce

with Potato Mash & Greens





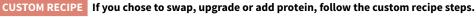
Pantry items Olive Oil, Milk, Butter



*

1 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 weeknight dinner that's better than most!



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 $\operatorname{lid}\cdot\operatorname{Large}$ frying pan

Ingredients

2 People	4 People
refer to method	refer to method
2	4
1 bag (100g)	1 bag (200g)
1 bunch	1 bunch
2 cloves	4 cloves
½ sachet	1 sachet
1 small packet	1 large packet
1⁄4 tsp	½ tsp
2 tbs	¼ cup
50g	100g
1 packet	1 packet
1 packet (150ml)	2 packets (300ml)
½ cube	1 cube
1 small packet	1 large packet
	refer to method 2 1 bag (100g) 1 bunch 2 cloves ½ sachet 1 small packet ¼ tsp 2 tbs 50g 1 packet 1 packet (150ml) ½ cube

*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 2021 | CW17



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.



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.



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.

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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!



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 peppercorn sauce

Return the pan to a medium heat with a drizzle

of olive oil. Add the crushed peppercorns and

fragrant. Reduce the heat to low, add a dash of

of the pan. Add the light cooking cream and

crumble in the **chicken stock** (1/2 cube for

iuices and season to taste.

remaining garlic and cook for 30 seconds or until

water and scrape up any bits stuck to the bottom

2 people / 1 cube for 4 people). Cook, stirring, until

thickened, 2-3 minutes. Add any chicken resting