



Chicken & Creamy Peppercorn Sauce with Roasted Veggies

Grab your Meal Kit
with this symbol



Red Onion



Carrot



Capsicum



Black Peppercorns



Peeled & Chopped
Pumpkin



Sweet Potato



Chicken Breast



Light Thickened
Cream



Beef Stock



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



1 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 simple meal. Add some mash and veggies for a weeknight dinner that's better than most!

Pantry items

Olive Oil, Butter, Milk

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
carrot	1	2
capsicum	1	2
black peppercorns	½ sachet	1 sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
sweet potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
light thickened cream	1 packet (150ml)	2 packets (300ml)
beef stock	½ cube	1 cube

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3236kJ (773Cal)	386kJ (92Cal)
Protein (g)	41.9g	5g
Fat, total (g)	42.9g	5.1g
- saturated (g)	22g	2.6g
Carbohydrate (g)	50.6g	6g
- sugars (g)	30.8g	6g
Sodium (mg)	718mg	86mg

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.



1 Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut the **red onion** (see ingredients) into thick wedges. Cut the **carrot** into thin sticks. Thinly slice the **capsicum** into strips. Lightly crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin.



2 Roast the veggies

Place the **red onion**, **carrot**, **capsicum** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out evenly and roast until tender, **25-30 minutes**.

TIP: If the veggies look crowded on one tray, divide them between two trays!



3 Make the mash

While the veggies are roasting, peel the **sweet potato** and cut into bite-sized chunks. Cook in the boiling water for **10-15 minutes**, or until easily pierced with a knife. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt** and mash until smooth. Cover to keep warm.



4 Cook the chicken

While the sweet potato is cooking, place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken steaks** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate.

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



5 Make the sauce

Return the frying pan to a low heat. Add the **light thickened cream**, crumbled **beef stock** (1/2 cube for 2 people / 1 cube for 4 people) and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **3 minutes**. Stir in any resting juices from the chicken and season with **salt**.



6 Serve up

Slice the chicken steaks. Divide the roasted veggies, sweet potato mash and chicken between plates. Spoon over the creamy peppercorn sauce to serve.

Enjoy!