



Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Veggies

Grab your Meal Kit with this symbol



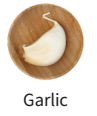
Sweet Potato



Zucchini



Broccoli



Garlic



Black Peppercorns



Chicken Breast



Light Thickened Cream



Chicken-Style Stock Powder

- Hands-on: **40-50 mins**
- Naturally Gluten-Free
- Ready in: **50-60 mins**
- Not suitable for coeliacs*
- Eat Me Early

One taste of this creamy peppercorn sauce and you'll want to slather it on everything! The gentle warming heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add sweet potato mash and garlicky greens for a weeknight meal that feels a bit fancy.

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 · 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
zucchini	1	2
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 small packet	1 large packet
light thickened cream	1 medium packet	2 medium packets
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2945kJ (704Cal)	385kJ (92Cal)
Protein (g)	52.5g	6.9g
Fat, total (g)	36.9g	4.8g
- saturated (g)	22.3g	2.9g
Carbohydrate (g)	36.2g	4.7g
- sugars (g)	18.3g	4.7g
Sodium (mg)	703mg	92mg

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



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** on both sides with **salt**. When the oil is hot, add the **chicken** to the pan in batches until cooked through, **2-4 minutes** each side. Transfer to a plate to rest. Repeat with the remaining **chicken**.

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



Get prepped

While the sweet potato is cooking, cut the **zucchini** into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic**. Crush the **black peppercorns** (see ingredients) with a pestle and mortar, or in a plastic bag using a rolling pin. Place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining **chicken**.



Make the peppercorn sauce

Return the frying pan to a medium heat with a drizzle of **olive oil** (don't wash it out!). 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 **chicken-style stock powder**. Cook, stirring, until the sauce has thickened, **2-3 minutes**. Stir in any **chicken resting juices**.



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 **zucchini**, **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**. Transfer to a bowl, then cover to keep warm.



Serve up

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

Enjoy!

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