



Sautéed Chicken & Creamy Lemon Sauce

with Fries & Greens

Grab your Meal Kit with this symbol 



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| 
Potato | 
Broccoli |
| 
Zucchini | 
Garlic |
| 
Lemon | 
Chicken Breast |
| 
Aussie Spice Blend | 
Lemon Pepper Spice Blend |
| 
Light Thickened Cream | 
Chicken Stock |

 Hands-on: **25-35** mins
Ready in: **40-50** mins

 Naturally gluten-free
Not suitable for Coeliacs

 Eat me early

If you're looking for a classic Aussie dinner, this is it! Succulent chicken gets coated in our tasty spice blend, while fries are baked to perfection. Then, we've added crunchy green veggies for a dose of all the good stuff. Dig in!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1	2
zucchini	1	2
garlic	1 clove	2 cloves
lemon	½	1
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	2 sachets
lemon pepper spice blend	1 sachet	2 sachets
butter*	15g	30g
light thickened cream	1 sachet (150ml)	2 sachets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3006kJ (718Cal)	364kJ (86Cal)
Protein (g)	49.3g	6g
Fat, total (g)	38.3g	4.6g
- saturated (g)	18g	2.2g
Carbohydrate (g)	37.4g	4.5g
- sugars (g)	10.7g	1.3g
Sodium (mg)	1720mg	208mg

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. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries onto the oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, chop the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **generous pinch**, then slice into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **Aussie spice blend**, **lemon pepper spice blend** and a **drizzle** of **olive oil**. Add the **chicken** and toss to coat.



3. Cook the greens

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **broccoli** and a **splash** of **water** and cook, stirring, until slightly softened, **2-3 minutes**. Add the **zucchini** and cook, until softened, **3-4 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



4. Cook the chicken

Return the frying pan with a **drizzle** of **olive oil** over a medium-high heat. Add the **chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate.

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

TIP: If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



5. Make the sauce

Return the frying pan to a medium-high heat. Add the **butter**, **garlic** and **lemon zest** and cook, scraping up any meaty bits from the pan, until fragrant, **1-2 minutes**. Add the **light thickened cream**, crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**), and a **good pinch** of **pepper**. Bring to the boil and then reduce to simmer on a low heat, until thickened, **4-5 minutes**. Stir through any **chicken resting juices**.



6. Serve up

Thickly slice the chicken. Divide the fries between plates. Serve with the greens, sautéed chicken and lemon wedges. Top with the creamy lemon sauce.

Enjoy!