



Seared Aussie Chicken & Tartare Sauce

with Cheesy Pepper Potatoes, Salad & Almonds

Grab your Meal Kit
with this symbol



Black Peppercorns



Potato



Chicken-Style
Stock Powder



Aussie Spice
Blend



Cucumber



Tomato



Mixed Salad
Leaves



Flaked Almonds



Chicken Breast
Steaks



Grated Parmesan
Cheese



Mustard Cider
Dressing



Tartare Sauce

Prep in: **15-25** mins
Ready in: **20-30** mins



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early



Carb Smart

Jazz up juicy chicken breast with our old faithful Aussie spice blend; with hints of paprika and mustard, it's the perfect complement to the Parmesan and peppercorn-spiked potatoes. Bulk up the dish with a mustard cider-dressed salad to keep the carbs in check, and serve with our tartare sauce for some tang and creaminess.

Pantry items

Olive Oil

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 a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| black peppercorns | 1 medium sachet | 1 large sachet |
| potato | 2 | 4 |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| chicken breast steaks | 1 small packet | 1 large packet |
| cucumber | 1 | 2 |
| tomato | 1 | 2 |
| mustard cider dressing | 1 packet | 2 packets |
| mixed salad leaves | 1 small bag | 1 medium bag |
| flaked almonds | 1 medium packet | 1 large packet |
| tartare sauce | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2648kJ (633Cal) | 450kJ (108Cal) |
| Protein (g) | 51.7g | 8.8g |
| Fat, total (g) | 31.7g | 5.4g |
| - saturated (g) | 5.6g | 1g |
| Carbohydrate (g) | 33.6g | 5.7g |
| - sugars (g) | 9.2g | 1.6g |
| Sodium (mg) | 1489mg | 253mg |
| Dietary Fibre (g) | 9.5g | 1.6g |

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



Make the cheesy pepper potatoes

- Boil the kettle. Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin. Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with the boiled water, then heat over medium-high heat. Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- Drain **potato**, then return to saucepan. Add **grated Parmesan cheese**, crushed **peppercorns** and the **chicken-style stock powder** to the potato, stirring until the cheese is melted. Cover to keep warm.

TIP: Peppercorns can be spicy, use less if you're sensitive to heat!

3



Make the salad

- While the chicken is cooking, roughly chop **cucumber** and **tomato**.
- In a medium bowl, combine **mustard cider dressing**, **mixed salad leaves**, **tomato** and **cucumber**.

2



Cook the chicken

- While the potatoes are cooking, combine **Aussie spice blend** a drizzle of **olive oil** and a pinch of **salt** in a medium bowl. Add **chicken breast steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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

4



Serve up

- Slice the chicken.
- Divide seared chicken, cheesy pepper potatoes and salad between plates.
- Sprinkle over **flaked almonds**.
- Serve with **tartare sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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