



Seared Chicken & Black Garlic Mash

with Creamy Chorizo Sauce & Crispy Sage

Grab your Meal Kit with this symbol



Potato



Eschalot



Garlic



Broccolini



Sage



Lemon



Mild Chorizo



Black Garlic



Chicken Breast



Light Thickened Cream



Chicken Stock

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

The star of this gourmet meal is black garlic, a kind of aged garlic known for its sweet taste, which is stirred through fluffy mashed potato. The fun doesn't stop there - use chorizo to infuse a creamy sauce with a beautiful colour and flavour, and pan-fry sage until it's crispy for a crunchy garnish. You simply won't believe you made this amazing meal at home!

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 with a lid · Medium frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
eschalot	1	2
garlic	2 cloves	4 cloves
broccolini	2 bunches	4 bunches
sage	1 bunch	1 bunch
lemon	½	1
mild chorizo	1 packet	2 packets
butter*	40g	80g
salt*	¼ tsp	½ tsp
black garlic	1 tub	2 tubs
milk*	2 tbs	½ cup
chicken breast	1 packet	1 packet
light thickened cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4610kJ (1100Cal)	608kJ (145Cal)
Protein (g)	69.4g	9.2g
Fat, total (g)	60.2g	7.9g
- saturated (g)	31.3g	4.1g
Carbohydrate (g)	67.9g	9.0g
- sugars (g)	16.9g	2.2g
Sodium (g)	1450mg	192mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a Drop?

We recommend pairing this meal with Verdelho or Grenache.



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **eschalot**. Finely chop the **garlic** (or use a garlic press). Trim the **broccolini**. Pick the **sage** leaves. Zest the **lemon** (see ingredients list) to get a **pinch**, then slice into wedges. Roughly chop the **mild chorizo**. Place the **broccolini**, a **good squeeze** of **lemon juice**, a **drizzle of olive oil** and a **pinch** of **salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then spread out over one side of the tray.



4. Bake the chicken & broccolini

Return the frying pan to a medium-high heat. Season the **chicken breast** on both sides with **salt** and **pepper**, then add to the pan and cook until golden, **2-3 minutes** each side. Transfer to the oven tray with the **broccolini**. Bake until the **broccolini** is tender and the **chicken** is cooked through, **8-12 minutes** (depending on thickness).

TIP: Chicken is cooked through when it's no longer pink in the middle.



2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter** and the **salt**, then peel the **black garlic** cloves and add to the saucepan. Mash with a potato masher or fork until smooth, then stir through the **milk**. Season to taste with **salt** and **pepper** and cover with a lid to keep warm.



5. Make the sauce

While the chicken is baking, return the frying pan to a medium-high heat. Add the **chorizo** and cook, stirring, until browned, **3-4 minutes**. Reduce the heat to low and add the **eschalot** and **garlic**. Cook until softened, **1-2 minutes**. Add the **light thickened cream**, **lemon zest**, and crumble in the **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Stir until well combined. Cook until the sauce has thickened slightly, **2-3 minutes**, then remove the pan from the heat and set aside to cool slightly. **Squeeze** in **lemon juice** to taste.

TIP: Allowing the sauce to cool slightly before stirring through the lemon juice will prevent it curdling.



3. Pan-fry the sage

While the potato is cooking, heat a generous **drizzle of olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, add the **sage** leaves and cook until crispy, **1 minute** each side. Transfer to a plate lined with paper towel.



6. Serve up

Thickly slice the chicken. Divide the black garlic mash, sliced seared chicken and lemony broccolini between plates. Spoon the creamy chorizo sauce over the chicken and sprinkle with the crispy sage leaves. Serve with any remaining lemon wedges.

Enjoy!