



# Aussie Chicken & Parmesan Mash

with Garlic Veggies & Creamy Pesto Sauce

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Garlic



Aussie Spice Blend



Grated Parmesan Cheese



Chicken Breast



Light Cooking Cream



Basil Pesto



Chicken Breast

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

Succulent chicken breast gets a boost of flavour with our popular Aussie spice blend! Serve up a side of creamy, cheesy mash plus garlicky green beans and carrot for a bright and tasty dinner that brings the flavour to the table.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
carrot	1	2
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	½ medium packet	1 medium packet
basil pesto	1 medium packet	2 medium packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	543kJ (130Cal)
Protein (g)	49.4g	8g
Fat, total (g)	47.7g	7.8g
- saturated (g)	18.8g	3.1g
Carbohydrate (g)	39.9g	6.5g
- sugars (g)	12.8g	2.1g
Sodium (mg)	948mg	154mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4084kJ (976Cal)	524kJ (125Cal)
Protein (g)	83.4g	10.7g
Fat, total (g)	52.4g	6.7g
- saturated (g)	20.3g	2.6g
Carbohydrate (g)	40.1g	5.1g
- sugars (g)	13g	1.7g
Sodium (mg)	1032mg	132mg

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

## We're here to help!

Scan here if you have any questions or concerns

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## Make the Parmesan mash

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain cooked **potato**, then return to the pan. Add the **butter**, **milk** and **grated Parmesan cheese**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Cook the chicken

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

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

**Custom Recipe:** Cook the chicken in batches for the best results!



## Get prepped

- Meanwhile, slice **carrot** into thin sticks. Trim the **green beans**. Finely chop **garlic**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, turning to coat.

**Custom Recipe:** If you've doubled your chicken breast, prep it as above.



## Make the creamy pesto sauce

- Return frying pan to medium heat.
- Add **light cooking cream** (see ingredients), **basil pesto** and any chicken **resting juices**. Stir to combine, then simmer until slightly thickened, **1-2 minutes**.
- Season to taste, then remove pan from heat.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.



## Serve up

- Divide Aussie chicken, Parmesan mash and garlic veggies between plates.
- Spoon creamy pesto sauce over chicken and mash to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)