



Seared Chicken & Creamy Parsley Sauce

with Sweet Potato Wedges & Garlicky Veggies

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Parsley



Green Veg Mix



Chicken Breast



Nan's Special Seasoning



Thickened Cream



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins



Carb Smart*
*Custom recipe is not Carb Smart



Eat Me Early

Once you try our recipe for creamy parsley sauce, you'll want to pour it on everything - starting with perfectly seared chicken breast, which we've teamed with the best kind of veggies for a meal that will have everyone wiping their plates clean.

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

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
sweet potato	2	4
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
green veg mix	1 medium bag	1 large bag
chicken breast	1 small packet	2 small packets OR 1 large packet
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
thickened cream	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2059kJ (492Cal)	354kJ (84Cal)
Protein (g)	42.9g	7.4g
Fat, total (g)	19.6g	3.4g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	35.2g	6g
- sugars (g)	14.7g	2.5g
Sodium (mg)	552mg	95mg
Dietary Fibre (g)	9.9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2831kJ (676Cal)	379kJ (90Cal)
Protein (g)	75.6g	10.1g
Fat, total (g)	25.4g	3.4g
- saturated (g)	11.6g	1.6g
Carbohydrate (g)	35.2g	4.7g
- sugars (g)	14.7g	2g
Sodium (mg)	643mg	86mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the wedges & cook the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **parsley leaves**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green veg mix**, tossing, until just tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Transfer **veggies** to a bowl. Season to taste. Cover to keep warm.

3



Cook the parsley sauce

- Return pan to medium-low heat.
- Cook **thickened cream**, **parsley** and any **chicken resting juices**, scraping up any meaty bits from the pan, until slightly thickened, **1-2 minutes**. Season to taste.

2



Cook the chicken

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add **chicken breast**, turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, in batches, until cooked through (when no longer pink inside), **3-6 minutes** each side. Transfer to a plate to rest.

Custom Recipe: If you've doubled your chicken breast, cook chicken in batches for best results.

4



Serve up

- Slice the seared chicken.
- Divide chicken, sweet potato wedges and garlicky veggies between plates.
- Drizzle creamy parsley sauce over chicken to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate