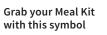


Chicken & Creamy Peppercorn Sauce with Potato Mash & Nutty Veggies

KID FRIENDLY

BESTSELLER











Black Peppercorns

Chicken Breast





Baby Spinach Leaves

Garlic Paste



Light Cooking



Cream

Chicken-Style Stock Powder



Flaked Almonds



Prep in: 30-40 mins Ready in: 30-40 mins the seared chicken, buttery mash and the almond-adorned veg.

Add some wow factor to your weeknight dinner by whipping up this rich and elegant peppercorn sauce. It works a treat on



Eat Me Early

Pantry items

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

Medium saucepan with a lid · Large frying pan

Ingredients

ii igi caici icc			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
milk*	2 tbs	1/4 cup	
butter*	60g	120g	
carrot	1	2	
black peppercorns	1 medium sachet	1 large sachet	
chicken breast	1 small packet	2 small packets OR 1 large packet	
baby spinach leaves	1 medium bag	1 large bag	
garlic paste	1 packet	2 packets	
light cooking cream	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
flaked almonds	1 medium packet	1 large packet	
chicken breast**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

rving Per 100g
734Cal) 518kJ (124Cal)
g 7.1g
6g 8.2g
4g 4.1g
g 5.4g
4g 2.1g
mg 97mg
֡

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3051kJ (729Cal)	515kJ (123Cal)
Protein (g)	43.4g	7.3g
Fat, total (g)	47.5g	8g
- saturated (g)	24g	4.1g
Carbohydrate (g)	32g	5.4g
- sugars (g)	12.4g	2.1g
Sodium (mg)	570mg	96mg

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.



Make the potato mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain potato, then return to pan. Add a generous pinch of salt, the milk and half the butter. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Get prepped

- Meanwhile, thinly slice carrot into half-moons.
- Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.

Little cooks: Have a go at crushing the peppercorns!

Custom Recipe: If you've doubled your chicken, prepare extra chicken as above.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of olive oil and the remaining butter.
- Cook carrot, tossing occasionally, until just tender, 4-5 minutes.
- Add baby spinach leaves and half the garlic paste and cook until fragrant and wilted,
 1-2 minutes. Season with salt and pepper.
- Transfer to a bowl and cover to keep warm.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken until browned and cooked through, 3-6 minutes each side.
- Transfer to a plate to rest.

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

Custom Recipe: Cook chicken in batches for the best results.



Make the peppercorn sauce

- Return frying pan to medium heat with a drizzle of olive oil.
- Cook crushed peppercorns and remaining garlic paste until fragrant, 30 seconds.
- Reduce heat to low. Add a dash of water, scraping up any bits stuck to the bottom of the pan. Add light cooking cream and chicken-style stock powder. Cook, stirring, until thickened, 2-3 minutes.
- Add any chicken resting juices. Season with pepper to taste. Remove from heat.



Serve up

- · Slice chicken.
- Divide chicken, potato mash and veggies between plates.
- Spoon creamy peppercorn sauce over chicken.
- Sprinkle flaked almonds over veggies to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the flaked almonds on top!



Scan here if you have any questions or concerns



Rate your recipe