



# Chicken & Creamy Peppercorn Sauce

with Mashed Sweet Potato & Garlicky Veggies

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Green Beans



Black Peppercorns



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Light Cooking Cream



Chicken-Style Stock Powder



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Carb Smart\*  
*\*Custom Recipe is not Carb Smart*

Eat Me Early

Add some wow factor to your weeknight dinner by whipping up this rich and elegant peppercorn sauce. It works a treat on the seared chicken, buttery and earthy mash and garlicky sautéed veg.

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

### Pantry items

Olive Oil, Butter

## 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	20g	40g
carrot	1	2
green beans	1 small bag	1 medium bag
black peppercorns	½ medium sachet	1 medium sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium 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
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)	2391kJ (571Cal)	400kJ (96Cal)
Protein (g)	41.7g	7g
Fat, total (g)	27.5g	4.6g
- saturated (g)	14.9g	2.5g
Carbohydrate (g)	39.5g	6.6g
- sugars (g)	20.9g	3.5g
Sodium (mg)	509mg	85mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3144kJ (751Cal)	412kJ (98Cal)
Protein (g)	75.6g	9.9g
Fat, total (g)	32.2g	4.2g
- saturated (g)	16.4g	2.2g
Carbohydrate (g)	39.5g	5.2g
- sugars (g)	20.9g	2.7g
Sodium (mg)	593mg	78mg

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



## 1 Make the mash & get prepped

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **sweet potato** and cut into large chunks. Cook **sweet potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter** to sweet potato and season with **salt**. Mash until smooth. Cover to keep warm.
- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans**. Crush **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.



## 3 Cook the chicken & peppercorn sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until cooked through (when no longer pink inside), **3-6 minutes** each side. Transfer to a plate to rest.
- Return frying pan to medium-low heat, with a drizzle of **olive oil**. Cook crushed **peppercorns** and remaining **garlic paste**, stirring, until fragrant, **30 seconds**. Scrape up any bits stuck to the bottom of pan.
- Add **light cooking cream** and **chicken-style stock powder** stirring to combine. Simmer until slightly reduced, **1-2 minutes**. Stir in any **chicken resting juices** and season to taste.

**Custom Recipe:** For best results, cook chicken in batches.



## 2 Prep the chicken & cook the veggies

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season both sides with **salt**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** with a splash of **water**, tossing, until just tender, **4-5 minutes**. Add **baby spinach leaves** and half the **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl.

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



## 4 Serve up

- Divide chicken, mashed sweet potato and garlicky veggies between plates.
- Drizzle with creamy peppercorn sauce to serve. Enjoy!

## Rate your recipe

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