



Nan's Chicken & Gravy

with Crushed Parmesan Potatoes & Sautéed Greens

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Green Beans



Broccoli



Garlic



Black Peppercorns



Parmesan Cheese



Nan's Special Seasoning



Chicken Tenderloins



Gravy Granules



Flaked Almonds



Parsley



Beef Rump

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

Carb Smart

Eat Me Early

Midweek dinners call for something easy and tasty so we thought we'd add some more to your repertoire with this chicken number. Lace juicy chicken tenders with gorgeous gravy and finish it all off with crushed Parmesan potatoes and some greens.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 medium bag	2 medium bags
broccoli	1	2
garlic	1 clove	2 cloves
black peppercorns	½ packet	1 packet
butter*	20g	40g
Parmesan cheese	1 medium packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
chicken tenderloins	1 small packet	2 small packets OR 1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet
parsley	1 bunch	1 bunch
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2088kJ (499Cal)	329kJ (79Cal)
Protein (g)	53g	8.4g
Fat, total (g)	16.9g	2.7g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	31.9g	5g
- sugars (g)	9.1g	1.4g
Sodium (mg)	756mg	119mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2048kJ (489Cal)	331kJ (79Cal)
Protein (g)	47g	7.6g
Fat, total (g)	18.6g	3g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	31.9g	5.2g
- sugars (g)	9.1g	1.5g
Sodium (mg)	760mg	123mg

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



Get prepped

- Boil the kettle.
- Cut **potato** into large chunks. Trim **green beans**. Chop **broccoli** (including the stalk!) into small florets. Finely chop **garlic**.
- Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened.

3



Cook the chicken

- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **chicken tenderloins**, season and toss to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken tenderloins** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side. Transfer to a plate.

Custom Recipe: Season beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Slice beef to serve.

2



Make Parmesan potato crush & cook the veg

- Half-fill a medium saucepan with boiling water.
- Cook **potato** in the boiling water, uncovered, over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to saucepan.
- Add the **butter** and **Parmesan cheese**. Lightly crush with a potato masher or fork. Season to taste. Cover to keep warm.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **green beans**, tossing, until tender, **4-5 minutes**.
- Transfer to a bowl and cover to keep warm.

4



Make the gravy & serve up

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2P / 1 cup for 4P), whisking, until smooth, **1 minute**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** and **crushed peppercorns**, stirring, until fragrant, **1 minute**.
- Transfer **garlic-peppercorn mixture** to the bowl with the **gravy** and stir until combined.
- Divide crushed Parmesan potatoes, veggies and Nan's chicken between plates. Spoon over gravy. Sprinkle over **flaked almonds**. Tear over **parsley**. Enjoy!

Rate your recipe

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