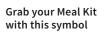


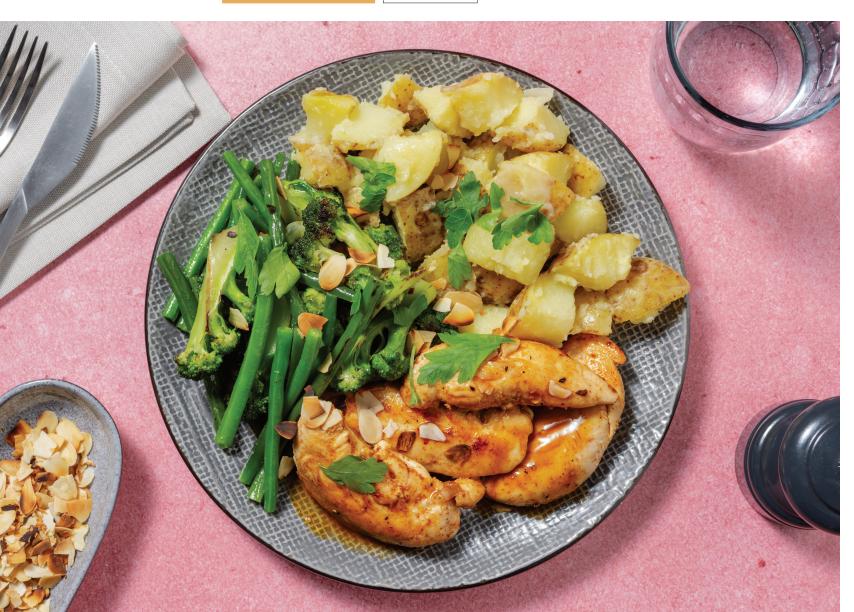
Nan's Chicken & Gravy with Crushed Parmesan Potatoes & Sautéed Greens

CUSTOMER FAVOURITE

KID FRIENDLY











Green Beans









Black Peppercorns

Parmesan Cheese





Nan's Special

Chicken Tenderloins





Gravy Granules

Flaked Almonds



Parsley

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



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. **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

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	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





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.



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.



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.



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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