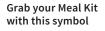


# Quick Chicken & Creamy Peppercorn Sauce with Mashed Sweet Potato & Garlicky Veggies

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER







**Sweet Potato** 





Green Beans





Black Peppercorns





Chicken Breast





Garlic Paste





Chicken-Style Stock Powder





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

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.

**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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
butter*	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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2350kJ (562Cal)	418kJ (100Cal)
Protein (g)	41.5g	7.4g
Fat, total (g)	27.5g	4.9g
- saturated (g)	14.9g	2.7g
Carbohydrate (g)	37.2g	6.6g
- sugars (g)	18.7g	3.3g
Sodium (mg)	492mg	88mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3103kJ (742Cal)	<b>427kJ</b> (102Cal)
Protein (g)	75.4g	10.4g
Fat, total (g)	32.2g	4.4g
- saturated (g)	16.4g	2.3g
Carbohydrate (g)	37.2g	5.1g
- sugars (g)	18.7g	2.6g
Sodium (mg)	576mg	79mg

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





#### Make the mash

- 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** 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.



# 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 browned and 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.



# Get prepped & 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, prepare it as above.



# Serve up

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