



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

CUSTOMER FAVOURITE

KID FRIENDLY

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 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)	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)	427kJ (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](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, prepare chicken 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

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)