



Quick Seared Chicken & Parsley Sauce

with Sweet Potato Wedges & Garlicky Broccoli

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Parsley



Broccoli



Chicken Breast



Nan's Special Seasoning



Light Cooking Cream



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins



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

Eat Me Early

Once you try our recipe for creamy parsley sauce, you'll want to pour it on everything - starting with perfectly seared chicken breast, which we've teamed with broccoli for a meal that will have everyone wiping their plates clean.

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

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic	3 cloves	6 cloves
parsley	1 bag	1 bag
broccoli	1 head	2 heads
chicken breast	1 small packet	2 small packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
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)	2050kJ (490Cal)	366kJ (87Cal)
Protein (g)	45.9g	8.2g
Fat, total (g)	18.8g	3.4g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	33.6g	6g
- sugars (g)	15.1g	2.7g
Sodium (mg)	562mg	100mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	387kJ (92Cal)
Protein (g)	79.9g	11g
Fat, total (g)	23.5g	3.2g
- saturated (g)	10.9g	1.5g
Carbohydrate (g)	33.6g	4.6g
- sugars (g)	15.1g	2.1g
Sodium (mg)	646mg	89mg

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



Bake the wedges & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.
- Meanwhile, finely chop **garlic**. Roughly chop **parsley** leaves. Chop **broccoli** (including stalk!) into small florets.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **chicken breast**, turning to coat

Custom Recipe: If you've doubled your chicken breast, prepare as above.

3



Cook the chicken & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken**, in batches, until cooked through (when no longer pink inside), **3-6 minutes** each side. In the **last minute** of cook time, add the remaining **garlic** and cook until fragrant. Transfer to a plate.
- Reduce heat to low, then add **light cooking cream** and **parsley** and cook, stirring, until slightly thickened, **1-2 minutes**. Season with **pepper**.

Custom Recipe: Cook chicken in batches for the best results.

2



Cook the broccoli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli**, tossing, until tender, **6-7 minutes**.
- Add half the **garlic** and cook until fragrant, **1 minute**.
- Transfer **broccoli** to a bowl. Season to taste. Cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.

4



Serve up

- Slice seared chicken.
- Divide chicken, sweet potato wedges and garlicky broccoli between plates.
- Top chicken with creamy parsley sauce to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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