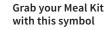


# Easy Homestyle Chicken & Parmesan Mash with Steamed Veggies & Quick Gravy

NEW

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Thigh

Savoury Seasoning





Trimmed Green

Parmesan Cheese



**Gravy Granules** 

Flaked Almonds





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

Eat Me Early



Sometimes only chicken will do! Juicy chicken thigh coated in our newest and best savoury seasoning and a super creamy mash work so well together and even better when gravy is poured over it.

Olive Oil, Butter, Milk

**Pantry items** 

# 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

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
chicken thigh	1 small packet	2 small packets OR 1 large packet		
savoury seasoning	1 sachet	2 sachets		
trimmed green beans	1 bag	2 bags		
Parmesan cheese	1 medium packet	1 large packet		
butter*	20g	40g		
milk*	2 tbs	¼ cup		
gravy granules	1 medium sachet	1 large sachet		
boiling water*	½ cup	1 cup		
flaked almonds	1 packet	1 packet		
chicken thigh**	1 small packet	2 small packets OR 1 large packet		

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

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2289kJ (547Cal)	369kJ (88Cal)
Protein (g)	44.5g	7.2g
Fat, total (g)	23.3g	3.8g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	38.9g	6.3g
- sugars (g)	15g	2.4g
Sodium (mg)	1051mg	170mg
Dietary Fibre (g)	11.1g	1.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3117kJ</b> (745Cal)	<b>397kJ</b> (95Cal)
Protein (g)	74.9g	9.5g
Fat, total (g)	31.8g	4.1g
- saturated (g)	13.4g	1.7g
Carbohydrate (g)	38.9g	5g
- sugars (g)	15g	1.9g
Sodium (mg)	1152mg	147mg

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!





# Start the mash

- · Boil the kettle.
- · Peel potato and cut into bite-sized chunks.
- Thinly slice carrot into sticks.
- Half-fill a medium saucepan with boiling water. Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes.



# Cook the veggies & finish the mash

- When the potatoes have 8 minutes remaining, place a colander or steamer basket on top and add carrot and trimmed green beans.
- Cover and steam until veggies are tender and potatoes can be easily pierced
- Transfer veggies to a bowl. Season and cover to keep warm. Drain potatoes and return to saucepan.
- Add Parmesan cheese, the butter and milk to potato and season generously with salt. Mash until smooth.



### Cook the chicken

- Meanwhile, in a medium bowl, combine chicken thigh, savoury seasoning, a pinch of salt and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (shen no longer pink inside), 10-14 minutes.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've doubled your chicken thigh, prepare chicken as above. Cook chicken in batches for the best result.



# Serve up

- In a medium heatproof bowl, combine gravy granules and the boiling water (½ cup for 2 people / 1 cup for 4 people), whisking until smooth,
- Divide Parmesan mash, steamed veggies and homestyle chicken between plates.
- Pour over gravy. Sprinkle with **flaked almonds** to serve. Enjoy!

# Rate your recipe

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