



# Easy Homestyle Chicken & Parmesan Mash

with Steamed Veggies & Quick Gravy

NEW KID FRIENDLY CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Chicken Thigh



Savoury Seasoning



Trimmed Green Beans



Parmesan Cheese



Gravy Granules



Flaked Almonds



Chicken Thigh

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

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

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.

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

### Pantry items

Olive Oil, Butter, Milk

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	¼ cup
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
flaked almonds	1 packet	1 packet
chicken thigh**	1 small packet	2 small packets OR 1 large packet

\*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)	3117kJ (745Cal)	397kJ (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](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



## 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**.

3



## 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 with a fork.
- 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.

2



## 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.

4



## 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, **1 minute**.
- 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](https://hellofresh.com.au/rate)