



Chicken & Creamy Pepper Sauce

with Sweet Potato Mash & Nutty Veggies

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Light Cooking Cream



Chicken-Style Stock Powder



Flaked Almonds



Chicken Breast

Prep in: 30-40 mins
Ready in: 30-40 mins

Eat Me Early

Add some wow factor to your weeknight dinner by whipping up this rich and elegant pepper sauce. It works a treat on the seared chicken, buttery sweet potato mash and the almond-adorned veg.

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

Pantry items

Olive Oil, Milk, Butter, Cracked Black Pepper

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 |
|------------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| milk* | 2 tbsp | ¼ cup |
| butter* | 40g | 80g |
| carrot | 1 | 2 |
| chicken breast | 1 medium packet | 2 medium packets OR 1 large packet |
| baby spinach leaves | 1 medium packet | 1 large packet |
| garlic paste | 1 medium packet | 2 medium packets |
| cracked black pepper* | 1 tsp | 2 tsp |
| light cooking cream | 1 medium packet | 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| flaked almonds | 1 medium packet | 1 large packet |
| chicken breast** | 1 medium packet | 2 medium packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2898kJ (693Cal) | 526kJ (126Cal) |
| Protein (g) | 44.9g | 8.1g |
| Fat, total (g) | 41.3g | 7.5g |
| - saturated (g) | 20.6g | 3.7g |
| Carbohydrate (g) | 36.2g | 6.6g |
| - sugars (g) | 18g | 3.3g |
| Sodium (mg) | 530mg | 96mg |
| Dietary Fibre (g) | 9.2g | 1.7g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3614kJ (864Cal) | 505kJ (121Cal) |
| Protein (g) | 81.5g | 11.4g |
| Fat, total (g) | 43.8g | 6.1g |
| - saturated (g) | 21.4g | 3g |
| Carbohydrate (g) | 36.3g | 5.1g |
| - sugars (g) | 18g | 2.5g |
| Sodium (mg) | 600mg | 84mg |
| Dietary Fibre | 9.3g | 1.3g |

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 Make the sweet potato mash

- Bring a medium saucepan of salted water to the boil.
- Peel **sweet potato** and cut into large chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **sweet potato**, then return to pan. Add a generous pinch of **salt**, the **milk** and half the **butter**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



4 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-6 minutes** each side. Transfer to a plate to rest.

TIP: Chicken is cooked through when it's no longer pink inside.

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



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

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



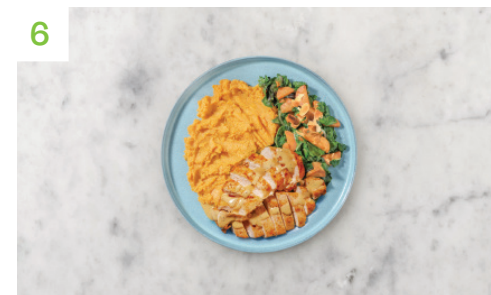
5 Make the pepper sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook the **cracked black pepper** and remaining **garlic paste** until fragrant, **30 seconds**.
- Reduce heat to low. Add a dash of **water**, scraping up any bits stuck to the bottom of the pan.
- Add **light cooking cream** and **chicken-style stock powder**. Cook, stirring, until thickened, **2-3 minutes**. Add any **chicken resting juices**.
- Remove from heat.



3 Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil** and the remaining **butter**.
- Cook **carrot**, tossing occasionally, until just tender, **4-5 minutes**.
- Add **baby spinach leaves** and half the **garlic paste** and cook until fragrant and wilted, **1-2 minutes**. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



6 Serve up

- Slice chicken.
- Divide chicken, sweet potato mash and veggies between plates.
- Spoon creamy pepper sauce over chicken.
- Sprinkle **flaked almonds** over veggies to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the flaked almonds on top!

Rate your recipe

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