



# Seared Chicken & Classic Parsley Sauce

with Sweet Potato Wedges & Garlicky Broccoli

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Parsley



Broccoli



Chicken Breast



Nan's Special Seasoning



Light Cooking Cream



Salmon

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



Calorie Reduced\*

\*Custom recipe is not Calorie Reduced



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 the best kind of veggies 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
broccoli	1 head	2 heads
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
salmon**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2231kJ (533Cal)	364kJ (87Cal)
Protein (g)	50.8g	8.3g
Fat, total (g)	21.7g	3.5g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	33.1g	5.4g
- sugars (g)	15g	2.4g
Sodium (mg)	448mg	73mg
Dietary Fibre (g)	13g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2772kJ (663Cal)	471kJ (113Cal)
Protein (g)	42.8g	7.3g
Fat, total (g)	39.4g	6.7g
- saturated (g)	12.3g	2.1g
Carbohydrate (g)	34.1g	5.8g
- sugars (g)	15g	2.5g
Sodium (mg)	435mg	74mg
Dietary fibre	12.9g	2.2g

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

2024 | CW21



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**, turning to coat.

3



## Cook the chicken & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, in batches, until browned and 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.
- Reduce heat to low, then stir in **light cooking cream** and **parsley** until slightly thickened, **1-2 minutes**. Season with **pepper**.

**Custom Recipe:** If you've upgraded to salmon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat salmon dry with paper towel and season both sides. When oil is hot, cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Continue as above.

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!

**Custom Recipe:** Divide salmon, sweet potato wedges and garlicky broccoli between plates. Top salmon with creamy parsley sauce to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.au/rate](https://hellofresh.co.au/rate)