



Homestyle Chicken & Parmesan Mash

with Steamed Veggies & Quick Gravy

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Chicken Breast



Savoury Seasoning



Trimmed Green Beans



Parmesan Cheese



Gravy Granules



Flaked Almonds



Chicken Breast

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 breast coated in our delectable 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
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 medium sachet	2 medium sachets
trimmed green beans	1 large packet	2 large packets
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 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)	2287kJ (547Cal)	369kJ (88Cal)
Protein (g)	44.5g	7.2g
Fat, total (g)	23.3g	3.8g
- saturated (g)	10.9g	1.8g
Carbohydrate (g)	39g	6.3g
- sugars (g)	15.1g	2.4g
Sodium (mg)	1051mg	170mg
Dietary Fibre (g)	11.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744Cal)	397kJ (95Cal)
Protein (g)	74.8g	9.5g
Fat, total (g)	31.7g	4g
- saturated (g)	13.4g	1.7g
Carbohydrate (g)	39.1g	5g
- sugars (g)	15.2g	1.9g
Sodium (mg)	1152mg	147mg
Dietary Fibre	11.1g	1.4g

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



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 over high heat 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, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **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** until browned and cooked through (when no longer pink inside), **3-6 minutes** each side

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

Custom Recipe: If you've doubled your chicken breast, prepare as above and cook chicken in batches for best results.

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

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate