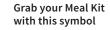


Homestyle Chicken & Parmesan Mash with Steamed Veggies & Quick Gravy

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken Breast

Savoury Seasoning





Trimmed Green Beans

Parmesan Cheese





Flaked Almonds

Gravy Granules



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

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.



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

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	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	1/4 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!





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.



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.



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.



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

