



Quick Seared Chicken & Cauli-Potato Mash

with Celery Slaw & Herby Mayo

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Chicken Breast



Aussie Spice Blend



Celery



Slaw Mix



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

Say goodbye to plain old taters in your mash because cauliflower's here and it's lending incredible flavour and texture to a once familiar side that's now a delightful, carb conscious companion to delicious, spiced chicken!

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 medium portion	1 large portion
butter* (for the mash)	40g	80g
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
butter* (for the chicken)	20g	40g
celery	1 medium packet	1 large packet
slaw mix	1 small packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
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)	2745kJ (656Cal)	521kJ (125Cal)
Protein (g)	42.9g	8.1g
Fat, total (g)	44.6g	8.5g
- saturated (g)	18.5g	3.5g
Carbohydrate (g)	20g	3.8g
- sugars (g)	9.4g	1.8g
Sodium (mg)	734mg	139mg
Dietary Fibre (g)	6.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3461kJ (827Cal)	500kJ (119Cal)
Protein (g)	79.5g	11.5g
Fat, total (g)	47.1g	6.8g
- saturated (g)	19.3g	2.8g
Carbohydrate (g)	20.2g	2.9g
- sugars (g)	9.5g	1.4g
Sodium (mg)	813mg	118mg
Dietary Fibre (g)	6.2g	0.9g

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 cauli-potato mash

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cut **cauliflower** into small florets.
- Cook **potato** and **cauliflower** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**.
- Drain and return to pan. Add the **butter (for the mash)** and a good pinch of **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

3



Make the slaw

- While the chicken is cooking, thinly slice **celery**.
- In a large bowl, combine **celery**, **slaw mix**, half the **dill & parsley mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.

2



Cook the chicken

- While the veggies are cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** and the **butter (for the chicken)** over medium-high heat. Cook **chicken** until browned and cooked through, **3-5 minutes** each side. Remove from heat.

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

Custom Recipe: If you've doubled your chicken breast, season chicken in a large bowl and cook in batches for best results.

4



Serve up

- Slice seared chicken.
- Divide chicken, cauli-potato mash and celery slaw between plates.
- Serve with remaining dill & parsley mayonnaise. Enjoy!

Rate your recipe

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