

KID FRIENDLY



Grab your meal kit with this number

















Nan's Special

Broccoli

Chicken Breast





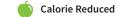
Light Cooking Cream





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

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.



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	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
*Pantry Items		

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

The quantities provided above are averages only.

Allergens

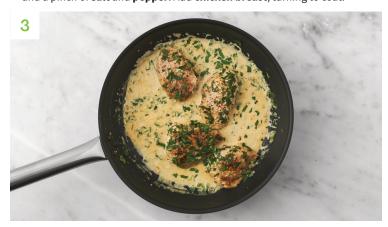
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the sweet potato wedges

- 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 the 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 breast, turning to coat.



Cook the chicken & the 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 per side.
- In the last minute of cook time, add the remaining garlic and cook, stirring, until fragrant.
- Reduce heat to low, then stir in light cooking cream and parsley until slightly thickened, 1-2 minutes. Season with pepper.



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.

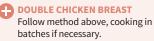


Serve up

- · Slice seared chicken.
- Divide chicken, sweet potato wedges and garlicky broccoli between plates.
- Top chicken with parsley sauce to serve. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

