



Easy Seared Chicken & Parsley Sauce

with Sweet Potato Wedges & Garlicky Broccoli

KID FRIENDLY

Grab your meal kit with this number

2



Sweet Potato



Garlic



Parsley



Broccoli



Chicken Breast



Nan's Special Seasoning



Light Cooking Cream



Chicken Breast



Salmon

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

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.

Pantry items

Olive Oil

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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO SALMON

Cook salmon 2-4 minutes each side.

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

