



Quick Golden Chicken & Mushroom Sauce

with Sweet Potato Mash & Sautéed Veggies

KID FRIENDLY

Grab your meal kit with this number

1



Sweet Potato



Carrot



Green Beans



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Mushroom Sauce



Chicken Breast



Chicken Thigh

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



Carb Smart



Eat Me Early



Protein Rich

Add some wow factor to your weeknight dinner by whipping up this rich and elegant mushroom sauce. It works a treat on the seared chicken, buttery sweet potato mash and garlicky sautéed veg.

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
carrot	1	2
green beans	1 small packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
garlic paste	1 packet	2 packets
mushroom sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1844kJ (441Cal)	345kJ (82Cal)
Protein (g)	43g	8g
Fat, total (g)	13g	2.4g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	37.8g	7.1g
- sugars (g)	17.8g	3.3g
Sodium (mg)	423mg	79mg
Dietary Fibre (g)	8.9g	1.7g

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.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **sweet potato** and cut into large chunks. Cook **sweet potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter** to sweet potato and season with **salt**. Mash until smooth. Cover to keep warm.
- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans**.



Cook the chicken & mushroom sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through (when no longer pink inside), **3-6 minutes** each side. Transfer to a plate to rest.
- Meanwhile, in a small heatproof bowl, microwave **mushroom sauce** in **30 second** bursts, until warmed through. Stir in any **chicken resting juices** and season to taste.



Get prepped & cook the veggies

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season both sides with **salt**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** with a splash of **water**, tossing, until just tender, **4-5 minutes**.
- Add **baby spinach leaves** and **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl.



Serve up

- Divide golden chicken, mashed sweet potato and sautéed veggies between plates.
- Drizzle over **mushroom sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW32

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

