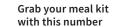


# Seared Chicken & Mushroom Sauce

with Potato Mash & Baby Capsicum Salad

NEW









**Chopped Potato** 

Chicken Tenderloins





Savoury Seasoning

Baby Capsicum





Leaves

Tomato



Mushroom Sauce







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

Eat Me Early





**Protein Rich** 

Pile tasty chicken tenderloins on a bed of creamy potato mash: the best base for every dinner delight. And how about some salad for a side? Sounds good to us.

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	⅓ cup
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
baby capsicum	2	4
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mushroom sauce	1 medium packet	2 medium packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2275kJ (544cal)	229kJ (55cal)
42.9g	4.3g
25.2g	2.5g
13.1g	1.3g
34.2g	3.4g
5.5g	0.6g
762mg	76.7mg
3.6g	0.4g
	2275kJ (544cal) 42.9g 25.2g 13.1g 34.2g 5.5g 762mg

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 medium saucepan with boiling water. Cook chopped potato in the boiling water over medium-high heat, until easily pierced with a knife,
  8-10 minutes.
- Drain potato and return to saucepan. Add the butter and milk. Mash until smooth.



#### Cook the chicken

- While the potato is cooking, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook chicken tenderloins and savoury seasoning, until browned and cooked through, 3-4 minutes each side.

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



## Make the salad

- While the chicken is cooking, roughly chop baby capsicum and tomato.
- In a large bowl, combine **tomato**, **baby capsicum**, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper** to taste.



# Serve up

- To a medium microwave-safe bowl, add mushroom sauce and microwave for 30 seconds or until heated through.
- Divide potato mash, seared chicken and baby capsicum salad between plates. Spoon mushroom sauce over chicken to serve. Enjoy!







