

# Seared Chicken & Mushroom Sauce

with Potato Mash & Baby Capsicum Salad

NEW

Grab your meal kit with this number

19



Chopped Potato



Chicken Tenderloins



Savoury Seasoning



Baby Capsicum



Tomato



Mixed Salad Leaves



Mushroom Sauce



Beef Rump



Parmesan Cheese

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

Carb Smart

Protein Rich

Eat Me Early

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.

### Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ 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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mushroom sauce	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2275kJ (544cal)	229kJ (55cal)
Protein (g)	42.9g	4.3g
Fat, total (g)	25.2g	2.5g
- saturated (g)	13.1g	1.3g
Carbohydrate (g)	34.2g	3.4g
- sugars (g)	5.5g	0.6g
Sodium (mg)	762mg	76.7mg
Dietary Fibre (g)	3.6g	0.4g

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](https://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.



## 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.



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.



#### ADD PARMESAN CHEESE

Sprinkle over before serving.

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

