



Golden Chicken & Creamy Pepper Sauce

with Sweet Potato Mash & Nutty Veggies

KID FRIENDLY

Grab your meal kit with this number

1



Sweet Potato



Carrot



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Light Cooking Cream



Flaked Almonds



Chicken Breast



Chicken Tenderloins

Prep in: 30-40 mins
Ready in: 30-40 mins



Protein Rich



Eat Me Early

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

Pantry items

Olive Oil, Milk, Butter, Cracked Black Pepper

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
milk*	2 tbs	¼ cup
butter*	40g	80g
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
cracked black pepper*	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (692Cal)	526kJ (125Cal)
Protein (g)	44.9g	8.1g
Fat, total (g)	41.3g	7.5g
- saturated (g)	20.6g	3.7g
Carbohydrate (g)	36.2g	6.6g
- sugars (g)	18g	3.3g
Sodium (mg)	530mg	96mg
Dietary Fibre (g)	9.3g	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.



1 Make the sweet potato mash

- Bring a medium saucepan of salted water to the boil.
- Peel **sweet potato** and cut into large chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **sweet potato**, then return to pan. Add a generous pinch of **salt**, the **milk** and half the **butter**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



3 Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil** and the remaining **butter**.
- Cook **carrot**, tossing occasionally, until just tender, **4-5 minutes**.
- Add **baby spinach leaves** and half the **garlic paste** and cook until fragrant and wilted, **1-2 minutes**. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



4 Cook the chicken

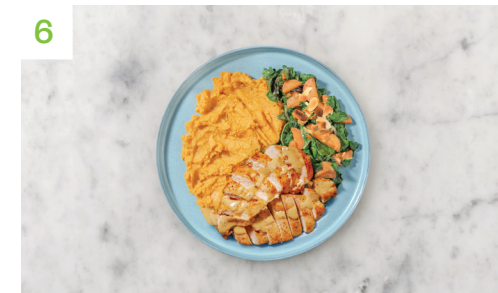
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-6 minutes** each side. Transfer to a plate to rest.

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



5 Make the pepper sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook the **cracked black pepper** and remaining **garlic paste**, until fragrant, **30 seconds**.
- Reduce heat to low. Add a dash of **water**, scraping up any bits stuck to the bottom of the pan. Add **light cooking cream** and the **salt**. Cook, stirring, until thickened, **2-3 minutes**.
- Stir in any **chicken resting juices**. Season with **pepper** to taste. Remove from heat.



6 Serve up

- Slice chicken.
- Divide golden chicken, sweet potato mash and veggies between plates.
- Spoon creamy pepper sauce over chicken.
- Sprinkle **flaked almonds** over veggies to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the flaked almonds on top!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW38



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes each side.

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

