



Easy Chicken & Cheesy Crushed Potatoes

with Steamed Veggies & Honey-Mustard Sauce

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Carrot



Chopped Potato



Trimmed Green Beans



Chicken Thigh



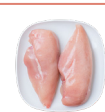
Savoury Seasoning



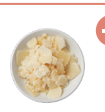
Parmesan Cheese



Honey Mustard Sauce



Chicken Breast



Parmesan Cheese

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart

Protein Rich

Eat Me Early

This meal screams pure comfort food! With savoury chicken, Parmesan crushed potatoes and steamed veggies, the addition of a honey-mustard sauce proves that a staple dish can still have some snazzy flavours!

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
carrot	1	2
chopped potato	1 medium packet	1 large packet
trimmed green beans	1 medium packet	1 large packet
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
Parmesan cheese	1 medium packet	1 large packet
butter*	40g	80g
honey mustard sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2515kJ (601cal)	225kJ (54cal)
Protein (g)	40.9g	3.7g
Fat, total (g)	29.5g	2.6g
- saturated (g)	16.5g	1.5g
Carbohydrate (g)	41.1g	3.7g
- sugars (g)	13g	1.2g
Sodium (mg)	825mg	73.7mg
Dietary Fibre (g)	6.4g	0.6g

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



Cook the potato & veggies

- Boil the kettle.
- Thinly slice **carrot** into sticks.
- Half-fill a medium saucepan with the boiling water. Cook **chopped potato** over medium-high heat for **2 minutes**.
- Place a colander or steamer basket on top, then add **carrot** and **trimmed green beans**.
- Cover and steam until veggies are tender and potatoes are easily pierced with a knife, **7-8 minutes**.

3



Season the potato

- Transfer **veggies** to a bowl and season with **salt** and **pepper**. Cover to keep warm.
- Drain **potatoes** and return to saucepan.
- Add **Parmesan cheese**, the **butter** and a pinch of **pepper**. Lightly crush with a fork. Cover to keep warm.

2



Cook the chicken

- Meanwhile, in a medium bowl, combine **chicken thigh**, **savoury seasoning**, and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken thigh**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.

4



Serve up

- To a small microwave-safe bowl, add **honey mustard sauce** and microwave for **30-seconds**, or until heated through.
- Divide cheesy crushed potatoes, steamed veggies and chicken between plates.
- Spoon honey-mustard sauce over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE PARMESAN CHEESE

Follow method above.

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

