

# Golden Chicken & Creamy Pepper Sauce

with Sweet Potato Mash & Nutty Veggies

KID FRIENDLY

Grab your meal kit with this number

42



Sweet Potato



Carrot



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Light Cooking Cream



Chicken Stock Pot



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, Butter, Milk, 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>milk*</b>	2 tbsp	¼ cup
<b>butter*</b>	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
<b>cracked black pepper*</b>	1 tsp	2 tsp
light cooking cream	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2881kJ (689cal)	323kJ (77cal)
Protein (g)	44.8g	5g
Fat, total (g)	40.9g	4.6g
- saturated (g)	20.4g	2.3g
Carbohydrate (g)	36.2g	4.1g
- sugars (g)	17.9g	2g
Sodium (mg)	531mg	59.5mg
Dietary Fibre (g)	9.3g	1g

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://www.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

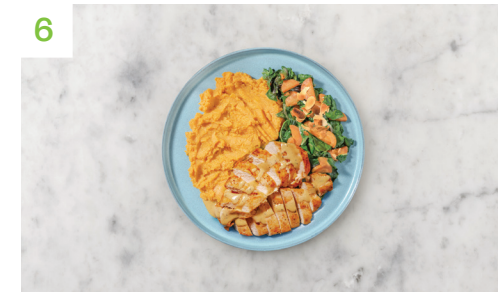
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-6 minutes** each side. Transfer to a plate to rest.

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



## 5 Make the peppercorn 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 **chicken stock pot** (see ingredients). Cook, stirring, until thickened, **2-3 minutes**.
- Add 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 and 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 | CW43



### 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.

