



Chicken Nuggies & Cheesy Mountain Mash

with Broccoli Forest & Gravy

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Potato



Broccoli



Carrot



Cheddar Cheese



Chicken Tenderloins



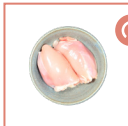
Aussie Spice Blend



Panko Breadcrumbs



Gravy Granules



Chicken Thigh



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

It's all hands on deck because this recipe is designed to be cooked by grown-ups and kids together! Embark on a delicious dining adventure as you and your little chef get to mashing, mixing and drizzling. This cheesy mountain mash tastes so good on its own, but even better when it's served with homemade chicken nuggets, veggies and some gravy!

Pantry items

Olive Oil, Milk, Butter, Plain Flour, Egg

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

Large saucepan with a lid · Colander or steamer basket · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
broccoli	1 head	2 heads
carrot	1	2
Cheddar cheese	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
butter*	40g	80g
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852cal)	305kJ (73cal)
Protein (g)	65.7g	5.6g
Fat, total (g)	35.5g	3g
- saturated (g)	17.7g	1.5g
Carbohydrate (g)	64.9g	5.5g
- sugars (g)	14.2g	1.2g
Sodium (mg)	1214mg	103.8mg
Dietary Fibre (g)	15.1g	1.3g

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



Prep the veggies

- Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cut **broccoli** into small florets, then roughly chop stalk.
- Thinly slice **carrot** into sticks.
- Cook **potato** in the saucepan of boiling water for **6 minutes** (the potatoes will finish cooking in step 2).

Little cooks: Older kids can help peel the veggies!

4



Cook the chicken

- In a large frying pan, add enough **olive oil** to cover the base and heat over medium-high heat.
- Cook **crumbed chicken** in batches until golden and cooked through, **5-6 minutes**. Transfer to a plate lined with paper towel and season with a pinch of **salt**.

TIP: Add extra oil if needed so the nuggies do not stick to the pan.

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

2



Steam the veggies

- Place a colander or steamer basket on top of saucepan with potatoes, then add **broccoli** and **carrot**.
- Cover and steam until the broccoli and carrot are tender and potatoes are easily pierced with a fork, **7-8 minutes**.
- Transfer **steamed veggies** to a bowl. Season to taste and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add **Cheddar cheese**, the **milk**, **butter** and a pinch of **salt** and mash until smooth.

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

5



Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

3



Crumb the chicken

- While potatoes are boiling, cut **chicken tenderloins** into 2cm chunks.
- In a shallow bowl, combine the **plain flour** and **Aussie spice blend**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken** in the **flour mixture**, followed by the **egg** and finally into the **breadcrumbs**. Transfer to a plate.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers.

6



Serve up

- Pile the cheesy mash on serving plates to resemble a mountain.
- Surround mash mountain with the veggies and chicken nuggies.
- Pour gravy over the mash to serve. Enjoy!

Little cooks: Help load up the mash mountain and drizzle over the gravy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Cut chicken into 2cm chunks. Follow crumbing and cooking method as above.



DOUBLE CHEDDAR 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.

