



# Spiced Chicken & Potato-White Bean Mash

with Creamy Parsley Sauce & Garlic Veggies

NEW

KID FRIENDLY

Grab your meal kit with this number

1



Potato



Cannellini Beans



Garlic



Green Beans



Carrot



Parsley



Chicken Breast



Aussie Spice Blend



Light Cooking Cream



Chicken Stock Pot



Chicken Breast



Diced Bacon

Prep in: 30-40 mins  
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me Early

Let's add a spin on your usual mash by spiking it with cannellini beans. These legumes taste extra good when paired with our staple Aussie-spiced chicken and some garlicky veggies. Top it all off with a creamy parsley sauce that gets a 10/10 every time!

### Pantry items

Olive Oil, Butter, Milk

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
cannellini beans	½ packet	1 packet
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	¼ cup
garlic	1 clove	2 cloves
green beans	1 small packet	1 medium packet
carrot	1	2
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2636kJ (630cal)	201kJ (48cal)
Protein (g)	49g	3.7g
Fat, total (g)	29.2g	2.2g
- saturated (g)	14.8g	1.1g
Carbohydrate (g)	39.8g	3g
- sugars (g)	12.9g	1g
Sodium (mg)	900mg	68.6mg
Dietary Fibre (g)	11.9g	0.9g

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.

1



## Make the potato-bean mash

- 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.
- Drain **cannellini beans**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- In the last **2 minutes** of cook time, add **cannellini beans (see ingredients)** to the saucepan until heated through. Drain and return to the pan.
- Add the **butter** and **milk** to pan and season with **salt**. Mash until smooth. Cover to keep warm.

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

4



## Cook the chicken

- Wipe out frying pan and return pan to a medium high-heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate to rest.

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

2



## Get prepped

- While the potatoes are cooking, finely chop **garlic**.
- Trim **green beans**.
- Thinly slice **carrot** into half-moons.
- Finely chop **parsley**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

**Little cooks:** Take charge by combining the chicken with the spice!

5



## Make the sauce

- Return frying pan to a medium-low heat. Add **light cooking cream, parsley** and **chicken stock pot (see ingredients)**.
- Cook until slightly thickened, **1-2 minutes**. Season to taste with **salt** and **pepper**.

**Little cooks:** Help stir the ingredients!

3



## Cook the veggies

- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **green beans** and **carrot** and cook, tossing, until softened, **4-5 minutes**.
- Add **garlic** and cook, tossing until fragrant, **1 minute**. Set aside in a bowl and cover to keep warm.

6



## Serve up

- Divide potato-white bean mash, garlic veggies and spiced chicken between plates.
- Spoon over creamy parsley sauce to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

Cook with veggies, breaking up with a spoon, 4-6 minutes.

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

