

# Chicken & Creamy Chive Sauce

with Roasted Potatoes & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Chives



Chicken Breast




Light Cooking Cream




Chicken Stock

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

 Eat me early

 Calorie Smart

 Naturally gluten-free  
*Not suitable for Coeliacs*

With their delicate onion flavour and vibrant colour, chives make a sauce sing! This creamy chive sauce for seared chicken breast is packed with flavour, and with roasted potatoes and garlicky veggies on the side it makes a meal everyone will love.

### Pantry items

Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
carrot	1	2
garlic	½ clove	1 clove
chives	1 bunch	1 bunch
chicken breast	1 small packet	1 large packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (622Cal)	362kJ (86Cal)
Protein (g)	47.6g	6.6g
Fat, total (g)	31g	4.3g
- saturated (g)	13.9g	1.9g
Carbohydrate (g)	35.5g	4.9g
- sugars (g)	10.4g	1.4g
Sodium (mg)	443mg	62mg

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.



## Roast the potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

While the potato is roasting, cut the **broccoli** into small florets. Thinly slice the **carrot** (unpeeled) into rounds. Finely chop the **garlic** (see ingredients). Finely chop the **chives**.



## Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **chicken** on both sides with **salt** and **pepper**. Cook the **chicken** until cooked through, **3-5 minutes** on each side (depending on thickness). Transfer to a plate.

**TIP:** If your pan is getting crowded, cook in batches for the best results!



## Cook the garlic veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Add the **broccoli**, **carrot** and a splash of **water** and cook until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a plate.



## Make the sauce

Return the frying pan to a medium-low heat and add the **light cooking cream**, **chives** and crumbled **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Cook, scraping up any meaty bits from the pan, until slightly thickened, **1-2 minutes**. Season to taste.

**TIP:** Add any resting juices from the chicken to the sauce for extra flavour! If you prefer a thinner sauce, add more water until it has your desired consistency.



## Serve up

Slice the chicken. Divide the chicken, roasted potato and garlic veggies between plates. Drizzle the creamy chive sauce over the chicken to serve.

## Enjoy!