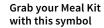
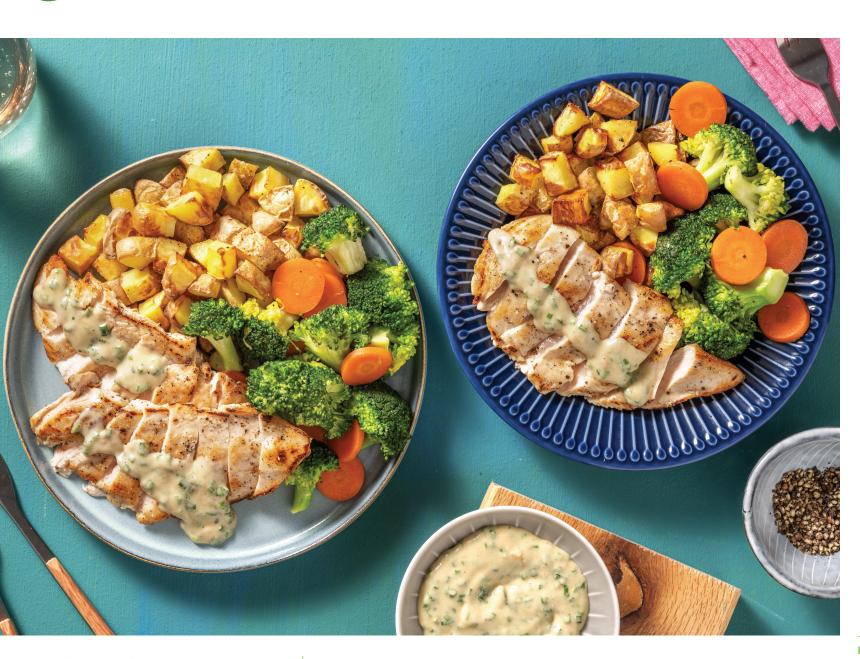
Chicken & Creamy Chive Sauce with Roasted Potatoes & Garlic Veggies













Potato





Carrot





Chicken Breast

Chives



Light Cooking Cream



Chicken Stock

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

Eat me early



Calorie Smart



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 \cdot Large frying pan

Ingredients

9			
	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 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 mediumhigh 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!