



Chicken & Creamy Herb Sauce

with Roasted Sweet Potato & Garlicky Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Broccoli



Carrot



Garlic



Herbs



Chicken Breast



Light Cooking Cream



Chicken-Style Stock Powder



Plant-Based Crumbed Chicken

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



Naturally Gluten-Free*

Not suitable for coeliacs

**^Custom recipe is not naturally Gluten-Free or Carb Smart*



Carb Smart^

Slather a silky sauce on seared chicken breasts, serve with sweet potato chunks and crisp sautéed veggies, and you have a weeknight winner without the carb overloads. Check out our 'Little cooks' tips and get the kids involved, too!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
sweet potato	2	4
broccoli	1 head	2 heads
carrot	1	2
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
chicken breast	1 small packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2382kJ (569Cal)	343kJ (82Cal)
Protein (g)	50.7g	7.3g
Fat, total (g)	21.2g	3.1g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	38g	5.5g
- sugars (g)	20.2g	2.9g
Sodium (mg)	431mg	62mg
Dietary Fibre (g)	15.6g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2923kJ (699Cal)	457kJ (109Cal)
Protein (g)	27.9g	4.4g
Fat, total (g)	36.6g	5.7g
- saturated (g)	10g	1.6g
Carbohydrate (g)	56.5g	8.8g
- sugars (g)	20.7g	3.2g
Sodium (mg)	1209mg	189mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Roast the sweet potato

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into small chunks. Place on a lined oven tray (if your oven tray is crowded, divide between two trays). Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

Little cooks: Help season and toss the sweet potato chunks! Make sure they're spread out in a single layer.



4 Cook the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season on both sides. Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate and cover to keep warm.

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

CUSTOM RECIPE

If you've swapped to plant-based crumbed chicken, heat pan over medium-high heat with enough olive oil to coat the base. When oil is hot, cook plant-based chicken until golden and heated through, 2-3 mins each side. Transfer to a paper towel-lined plate. Cover to keep warm.



2 Get prepped

Meanwhile, cut **broccoli** into small florets. Thinly slice **carrot** into rounds. Finely chop **garlic**. Roughly chop **herb** leaves.

Little cooks: Lend a hand by washing the veggies!



5 Make the sauce

Return frying pan to medium-low heat. Add **light cooking cream**, **herbs**, **chicken-style stock powder** (see ingredients), remaining **garlic** and any chicken **resting juices**. Cook, scraping up any chicken bits from the pan, until slightly thickened, **1-2 minutes**. Season to taste.

TIP: If you'd prefer a thinner sauce, add more water, 1 tsp at a time, until desired consistency is reached.



3 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **carrot** with a splash of **water**, tossing, until tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** to taste. Transfer to a plate, then cover to keep warm.



6 Serve up

Slice the chicken. Divide the chicken, roast sweet potato and garlicky veggies between plates. Drizzle the creamy herb sauce over the chicken to serve.

Enjoy!

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