



Seared Chicken & Creamy Parsley Sauce

with Roast Sweet Potato & Garlicky Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Broccoli



Carrot



Garlic



Parsley



Chicken-Style Stock Powder



Chicken Breast



Light Cooking Cream

Prep in: **20-30 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 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 overload. Check out our 'Little cooks' tips and get the kids involved, too!

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
parsley	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2359kJ (564Cal)	339kJ (81Cal)
Protein (g)	48.9g	7g
Fat, total (g)	23.4g	3.4g
- saturated (g)	10g	1.4g
Carbohydrate (g)	37.7g	5.4g
- sugars (g)	20.1g	2.9g
Sodium (mg)	441mg	63mg
Dietary Fibre (g)	15.4g	2.2g

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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 garlic veggies

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

2



Get prepped

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

5



Make the sauce

- Return frying pan to medium-low heat.
- Add **light cooking cream**, **parsley**, **chicken-style stock powder** (see ingredients) and any chicken **resting juices**. Cook, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat.

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

3

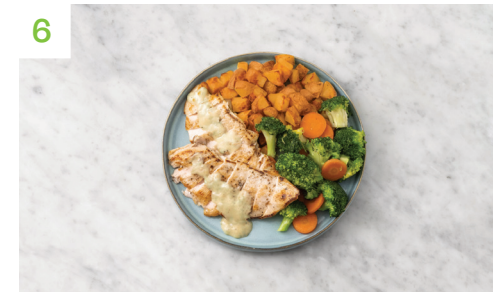


Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season both sides with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- 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 no longer pink inside.

6



Serve up

- Slice seared chicken.
- Divide chicken, roast sweet potato and garlicky veggies between plates.
- Drizzle creamy parsley sauce over chicken to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling the sauce on top!

We're here to help!

Scan here if you have any questions or concerns



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