



# Seared Chicken & Creamy Parsley Sauce

with Sweet Potato Wedges & Garlicky Veggies

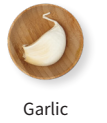
Grab your Meal Kit with this symbol



## SYD+MEL VERSION



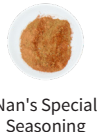
Sweet Potato



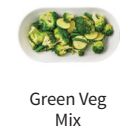
Garlic



Parsley



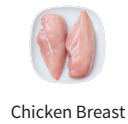
Nan's Special Seasoning



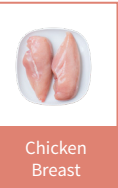
Green Veg Mix



Light Cooking Cream



Chicken Breast



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins



Carb Smart  
*\*Custom Recipe is not Carb Smart*



Eat Me Early

Naturally Gluten-Free  
*Not suitable for coeliacs*

Once you try our recipe for creamy parsley sauce, you'll want to pour it on everything - starting with perfectly seared chicken breast, which we've teamed with the best kind of veggies for a meal that will have everyone wiping their plates clean.

**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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
green veg mix	1 medium bag	1 large bag
chicken breast	1 packet	1 packet
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2055kJ (491Cal)	353kJ (84Cal)
Protein (g)	44.7g	7.7g
Fat, total (g)	18.1g	3.1g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	35.8g	6.2g
- sugars (g)	15.2g	2.6g
Sodium (mg)	543mg	93mg
Dietary Fibre (g)	10g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	375kJ (90Cal)
Protein (g)	79.2g	10.6g
Fat, total (g)	22.5g	3g
- saturated (g)	10.7g	1.4g
Carbohydrate (g)	36.3g	4.9g
- sugars (g)	15.6g	2.1g
Sodium (mg)	624mg	84mg

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



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.

**Little cooks:** Help season and toss the wedges!

4



## Cook the chicken

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

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

2



## Cook the veggies

- Meanwhile, finely chop **garlic**. Roughly chop **parsley** leaves.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green veg mix**, tossing, until just tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.
- Transfer **veggies** to a bowl. Season to taste. Cover to keep warm.

5



## Make the sauce

- Return pan to medium-low heat.
- Cook **light cooking cream**, **parsley** and any chicken **resting juices**, scraping up any meaty bits from the pan, until slightly thickened, **1-2 minutes**.
- Season to taste.

3



## Prep the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add **chicken**, turning to coat.

**Custom Recipe:** If you've doubled your chicken breast, prep and flavour it as above.

6



## Serve up

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

**Little cooks:** Under adult supervision, add the finishing touch by drizzling the sauce on top! Be careful, the sauce will still be hot!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW37



## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)