

Chicken & Creamy Peppercorn Sauce with Sweet Potato Mash & Garlicky Veggies

Grab your Meal Kit with this symbol













Zucchini







Black Peppercorns





Chicken Breast

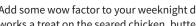


Light Cooking Cream

Prep in: 40-50 mins Ready in: 50-60 mins

Eat Me Early







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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
black peppercorns	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2795kJ (668Cal)	384kJ (91Cal)
Protein (g)	50.6g	7g
Fat, total (g)	35g	4.8g
- saturated (g)	20.3g	2.8g
Carbohydrate (g)	34.3g	4.7g
- sugars (g)	13g	1.8g
Sodium (mg)	508mg	70mg

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.



Make the mash

- Bring a medium saucepan of salted water to the boil. Peel sweet potato and cut into bite-sized chunks.
- Cook in the boiling **water** until easily pierced with a fork, **10-15 minutes**. Drain and return to the pan.
- Add butter to sweet potato and season generously with salt. Mash until smooth. Cover to keep warm.



Get prepped

- While the sweet potato is cooking, thinly slice carrot into half-moons. Thinly slice zucchini into half-moons. Finely chop garlic.
- Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season with salt on both sides.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot and zucchini with a splash of water, tossing, until just tender, 6-8 minutes.
- Add 1/2 the garlic and cook until fragrant,
 1 minute. Season with salt and pepper.
- Transfer **veggies** to a bowl. Cover to keep warm.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook chicken until cooked through, 2-4 minutes each side (cook in batches if your pan is getting crowded).
- Transfer **chicken** to a plate to rest.

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



Make the peppercorn sauce

- Return frying pan (don't wash it out!) to medium heat with a drizzle of olive oil.
- Cook crushed **peppercorns** and remaining garlic until fragrant, **30 seconds**.
- Reduce heat to low, then add a dash of water.
 Scrape up any bits stuck to the bottom of pan, then add light cooking cream and chicken-style stock powder. Cook, stirring, until thickened and fragrant, 2-3 minutes.
- Stir in any chicken resting juices. Remove from heat.



Serve up

- Divide chicken, sweet potato mash and garlicky veggies between plates.
- Drizzle with creamy peppercorn sauce to serve.
- · Enjoy!

