









Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Garlicky Veggies

Grab your Meal Kit with this symbol





-  Sweet Potato
-  Carrot
-  Zucchini
-  Garlic
-  Black Peppercorns
-  Chicken-Style Stock Powder
-  Chicken Breast
-  Light Cooking Cream

 **Recipe Update**

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

 **Naturally Gluten-Free**
Not suitable for coeliacs

 Eat Me Early

Add some wow factor to your weeknight dinner by whipping up this rich and elegant peppercorn sauce. It works a treat on the seared chicken, buttery sweet potato mash and garlicky sautéed veg.

Pantry items
Olive Oil, Butter

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
<i>olive oil*</i>	refer to method	refer to method
sweet potato	2	4
<i>butter*</i>	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.

1



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.

4



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.*

2



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.

5



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.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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