



# Quick Chicken & Creamy Peppercorn Sauce

with Sweet Potato Mash & Garlicky Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Green Beans



Garlic



Black Peppercorns



Chicken-Style Stock Powder



Chicken Breast



Light Cooking Cream



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins



Eat Me Early

Naturally Gluten-Free  
Not suitable for coeliacs

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 and earthy mash, and garlicky sautéed veg.

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

### 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>butter*</b>	40g	80g
carrot	1	2
green beans	1 medium bag	1 large bag
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
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2749kJ (657Cal)	431kJ (103Cal)
Protein (g)	42.6g	6.7g
Fat, total (g)	34.6g	5.4g
- saturated (g)	20.3g	3.2g
Carbohydrate (g)	42.7g	6.7g
- sugars (g)	22g	3.4g
Sodium (mg)	474mg	74mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3497kJ (836Cal)	436kJ (104Cal)
Protein (g)	77.1g	9.6g
Fat, total (g)	39g	4.9g
- saturated (g)	21.6g	2.7g
Carbohydrate (g)	43.2g	5.4g
- sugars (g)	22.4g	2.8g
Sodium (mg)	556mg	69mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Make the mash & prep the veggies

- Bring a medium saucepan of salted water to the boil.
- Peel **sweet potato** and cut into large chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to pan. Add the **butter** and season generously with **salt**. Mash until smooth. Cover to keep warm.
- While the sweet potato is cooking, thinly slice **carrot** into half-moons. Trim **green beans**. Finely chop **garlic**. Crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.

**Little cooks:** Get those muscles working and help mash the sweet potato!

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## Cook the chicken & peppercorn sauce

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

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

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## Prep the chicken & cook the veggies

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Season both sides with **salt**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans** with a splash of **water**, tossing, until just tender, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.

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

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## Serve up

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

**Little cooks:** Under adult supervision, add the finishing touch by drizzling over the peppercorn sauce. Be careful, the pan is hot!

## Rate your recipe

Did we make your tastebuds happy?

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