



Chicken & Creamy Peppercorn Sauce

with Potato Mash & Nutty Veggies

KID FRIENDLY

BESTSELLERS

Grab your Meal Kit with this symbol



Potato



Carrot



Black Peppercorns



Chicken Breast



Baby Spinach Leaves



Garlic Paste



Light Cooking Cream



Chicken-Style Stock Powder



Flaked Almonds



Plant-Based Crumbed Chicken

Prep in: 30-40 mins
Ready in: 30-40 mins

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 potato mash and the almond-adorned veg.

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

Pantry items

Olive Oil, Milk, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	¼ cup
butter*	80g	160g
carrot	1	2
black peppercorns	1 medium sachet	1 large sachet
chicken breast	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3063kJ (732Cal)	517kJ (124Cal)
Protein (g)	42.7g	7.2g
Fat, total (g)	48g	8.1g
- saturated (g)	24.2g	4.1g
Carbohydrate (g)	32g	5.4g
- sugars (g)	12.4g	2.1g
Sodium (mg)	574mg	97mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3620kJ (865Cal)	674kJ (161Cal)
Protein (g)	23.9g	4.4g
Fat, total (g)	62.3g	11.6g
- saturated (g)	24.5g	4.6g
Carbohydrate (g)	51g	9.5g
- sugars (g)	13.4g	2.5g
Sodium (mg)	1263mg	235mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Make the potato mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain then return to pan. Add a generous pinch of **salt**, the **milk** and half the **butter**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



4 Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-6 minutes** each side.
- Transfer to a plate to rest.

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

Custom Recipe: If you've swapped to plant-based crumbed chicken, in a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- 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.

Little cooks: Have a go at crushing the peppercorns!



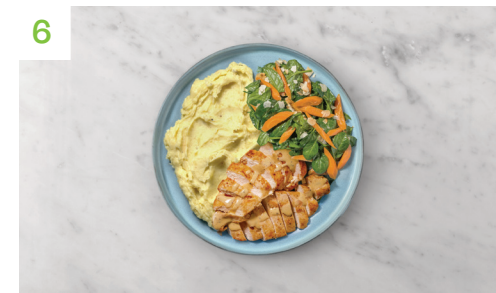
5 Make the peppercorn sauce

- Return frying pan to medium heat with a drizzle of **olive oil**.
- Cook crushed **peppercorns** and remaining **garlic paste** until fragrant, **30 seconds**.
- Reduce heat to low. Add a dash of **water**, scraping up any bits stuck to the bottom of the pan. Add **light cooking cream** and **chicken-style stock powder**. Cook, stirring, until thickened, **2-3 minutes**.
- Add any **chicken resting juices**. Season with **pepper** to taste. Remove from heat.



3 Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil** and the remaining **butter**.
- Cook **carrot**, tossing occasionally, until just tender, **4-5 minutes**.
- Add **baby spinach leaves** and half the **garlic paste** and cook until fragrant and wilted, **1-2 minutes**. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



6 Serve up

- Slice chicken.
- Divide chicken, potato mash and veggies between plates.
- Spoon creamy peppercorn sauce over chicken.
- Sprinkle **flaked almonds** over veggies to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling the flaked almonds on top!

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