



Easy Chicken & Creamy Peppercorn Sauce

with Mashed Potato & Garlicky Veggies

MONTHLY SPECIAL

CLIMATE SUPERSTAR

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Black Peppercorns



Baby Spinach Leaves



Chicken-Style Stock Powder



Chicken Breast



Garlic Paste



Light Cooking Cream



Chicken Breast

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



Carb Smart*

*Custom Recipe is not Carb Smart



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 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, Milk

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
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
carrot	1	2
green beans	1 small bag	1 medium bag
black peppercorns	½ medium sachet	1 medium sachet
chicken breast	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium 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
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2649kJ (633Cal)	426kJ (102Cal)
Protein (g)	42.5g	6.8g
Fat, total (g)	36.2g	5.8g
- saturated (g)	20.6g	3.3g
Carbohydrate (g)	33.7g	5.4g
- sugars (g)	14g	2.3g
Sodium (mg)	547mg	88mg
Dietary Fibre (g)	8.5g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3410kJ (815Cal)	434kJ (104Cal)
Protein (g)	75.7g	9.6g
Fat, total (g)	41.4g	5.3g
- saturated (g)	22.2g	2.8g
Carbohydrate (g)	33.7g	4.3g
- sugars (g)	14g	1.8g
Sodium (mg)	636mg	81mg

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
2023 | CW06



1



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- 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 and return to the pan.
- Add the **butter** and **milk** to potato and season with **salt**. Mash until smooth. Cover to keep warm.
- Meanwhile, thinly slice **carrot** into half-moons. Trim **green beans**. Crush **black peppercorns** (see ingredients) in their sachet using a rolling pin.

3



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 (when no longer pink inside), **3-6 minutes** each side. Transfer to a plate to rest.
- Return frying pan to medium-low heat, with a drizzle of **olive oil**. Cook crushed **peppercorns** and remaining **garlic paste**, stirring, until fragrant, **30 seconds**. Scrape up any bits stuck to the bottom of the pan.
- Add **light cooking cream** and **chicken-style stock powder** stirring to combine. Simmer until slightly reduced, **1-2 minutes**. Stir in any **chicken resting juices** and season to taste.

Custom Recipe: For best results, cook chicken in batches.

2



Get prepped & 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 **baby spinach leaves** and 1/2 the **garlic paste** 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.

4



Serve up

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

Little cooks: Take the lead by drizzling the creamy peppercorn sauce!

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