

# Easy Garlic Chicken & Cauli-Potato Mash

with Greens & Truffle Mayo

Grab your Meal Kit with this symbol



Cauliflower



Potato



Green Beans



Silverbeet



Garlic & Herb Seasoning



Chicken Drumstick Fillet





Garlic Paste



Italian Truffle Mayonnaise

 Hands-on: **15-20 mins**  
Ready in: **25-35 mins**

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Carb Smart

 Eat Me Early

This chicken pairs perfectly with tender greens and creamy mash, which we've bulked up with cauliflower for a fun twist. Bring everything together in four simple steps, and don't forget to add a dollop of the delightful mayo!

### Pantry items

Olive Oil, Milk, 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 lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
potato	1	2
green beans	1 small bag	1 medium bag
silverbeet	1 medium bag	1 large bag
milk*	1 tbs	2 tbs
butter*	40g	80g
garlic & herb seasoning	1 sachet	2 sachets
chicken drumstick fillet	1 small packet	1 large packet
garlic paste	1 packet	2 packets
Italian truffle mayonnaise	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	498kJ (119Cal)
Protein (g)	38.4g	7.2g
Fat, total (g)	42g	7.8g
- saturated (g)	14.7g	2.7g
Carbohydrate (g)	26.7g	5g
- sugars (g)	8.3g	5g
Sodium (mg)	896mg	167mg
Dietary Fibre (g)	10.7g	2g

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.

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## Prep the veggies

- Bring a medium saucepan of salted water to the boil.
- Chop **cauliflower** into small florets. Peel **potato** and cut into large chunks.
- Trim **green beans**. Roughly chop **silverbeet**. Set aside.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Cook the chicken & veggies

- While cauliflower and potato are cooking, combine **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl. Season, then add **chicken drumstick fillet**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until cooked through, **4-6 minutes** each side. Transfer to a plate.
- Return pan to a medium-high heat with another drizzle of **olive oil**, if needed. Cook **green beans**, tossing, until tender, **4-5 minutes**. Add **silverbeet** and **garlic paste** and cook until fragrant, **1-2 minutes**.

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



## Cook the cauli-potato mash

- Cook **cauliflower** and **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- Drain and return to pan. Add **milk** and **butter**. Season generously with salt.
- Mash until smooth, then cover to keep warm.



## Serve up

- Divide garlicky chicken, cauli-potato mash and greens between plates.
- Serve with **Italian truffle mayonnaise**.

## Enjoy!

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