



# Pan-Fried Chicken & Creamy Dill Sauce

with Broccoli & Mash

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Dill



Lemon



Chicken Breast



Light Thickened Cream



Vegetable Stock

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

We've teamed succulent chicken with a creamy dill sauce to keep things super simple tonight. With a delicious mash and crisp veggies as the perfect sidekicks, you've got a classic meal that's easy to love.

### 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 · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
broccolini	1 bunch	2 bunches
carrot	1	2
garlic	3 cloves	6 cloves
dill	1 bunch	1 bunch
lemon	½	1
chicken breast	1 small packet	1 large packet
light thickened cream	1 packet (150g)	2 packets (300g)
vegetable stock	½ cube	1 cube

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	492kJ (118Cal)
Protein (g)	51.8g	7.8g
Fat, total (g)	43.1g	6.5g
- saturated (g)	24.5g	3.7g
Carbohydrate (g)	45.6g	6.9g
- sugars (g)	12.7g	1.9g
Sodium (g)	700mg	106mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Mash the potato

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Once cooked, drain the **potatoes** and return to the saucepan. Add the **butter, milk** and **salt**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



## 2. Get prepped

While the potato is cooking, trim the ends of the **broccolini** (about 3cm). Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **dill**. Slice the **lemon** (see ingredients list) into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



## 3. Cook the veggies

Heat a medium frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **broccolini, carrot** and then a splash of water and cook, tossing, until just tender, **5-6 minutes**. Add **1/2 the garlic** and cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper** and transfer to a bowl. Cover and aside.



## 4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season the **chicken** on both sides with **salt**, then add to the pan. Cook until cooked through, **3-5 minutes** each side. Transfer to a plate to rest.

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



## 5. Make the creamy dill sauce

Return the pan to a low heat with a **drizzle of olive oil**. Add the **remaining garlic** and cook, stirring, until fragrant, **1 minute**. Add the **light thickened cream**, crumbled **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**), **dill** and any **resting juices** from the **chicken** and cook until warmed and infused with dill flavour, **1-2 minutes**. Season to taste with **salt** and **pepper** and a **squeeze of lemon juice**.



## 6. Serve up

Divide the mashed potato, chicken breast and veggies between plates. Spoon over the creamy dill sauce. Serve with the remaining lemon wedges.

## Enjoy!