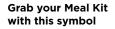
Pan-Fried Chicken & Creamy Dill Sauce

with Broccolini & Mash



















Chicken Breast

Light Thickened

Lemon



Vegetable Stock

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

Naturally gluten-free
Not suitable for Coeliacs

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

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	⅓ 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	1/2	1
chicken breast	1 small packet	1 large packet
light thickened	1 packet	2 packets
cream	(150g)	(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 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!

