



Nan's Chicken & Broccoli

with Roasted Veggies & Flaked Almonds

KID FRIENDLY

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Chicken-Style Stock Powder



Brown Onion



Garlic



Broccoli



Nan's Special Seasoning



Flaked Almonds



Chicken Breast



Light Cooking Cream

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 35-45 mins

Carb Smart

Eat Me Early

A perfect blend of paprika, pepper, onion and garlic, Nan's special seasoning adds a rich, traditional flavour to succulent chicken breast. And the best thing... the creamy sauce is made in the same pan to give you a super flavoursome result and an easy clean up!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan with a lid (or foil) · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
chicken-style stock powder	1 medium sachet	1 large sachet
brown onion	½	1
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (595Cal)	340kJ (81Cal)
Protein (g)	50.2g	6.9g
Fat, total (g)	26.9g	3.7g
- saturated (g)	10.5g	1.4g
Carbohydrate (g)	36.2g	4.9g
- sugars (g)	15.3g	2.1g
Sodium (mg)	1075mg	147mg
Dietary Fibre (g)	15.8g	2.2g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- See '**air fryer tips!**' (below). Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** and **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Sprinkle over **chicken-style stock powder**. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the sauce

- Return frying pan to a medium heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **garlic** and **Nan's special seasoning** and cook until fragrant, **1 minute**.
- Reduce heat to low. Add **light thickened cream** and a pinch of **pepper**. Stir to combine.

TIP: Scrape up any meaty bits from the bottom of the pan, they add great flavour to the sauce!



Get prepped

- Meanwhile, thinly slice **brown onion** (see ingredients).
- Finely chop **garlic**.
- Cut **broccoli** into small florets, then roughly chop the stalk.



Finish chicken & cook broccoli

- Return **chicken** (and any resting juices!) to the pan and cover with a lid or foil. Simmer until the chicken is cooked through and the sauce has thickened slightly, **10-12 minutes**. Stir through a splash of **water** and season with **salt** and **pepper**.
- While the chicken is cooking, heat a drizzle of **olive oil** in a medium frying pan over medium-high heat. Cook **broccoli**, tossing, until tender, **5-6 minutes**. Season.



Brown the chicken

- Season **chicken breast** with **salt** and **pepper** on both sides.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until browned, **2 minutes** each side (the chicken will finish cooking in step 5!). Transfer to a plate.



Serve up

- Divide Nan's chicken and broccoli and the roast veggies between plates.
- Spoon over any remaining sauce from the pan.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Use an air fryer!

1. Set your air fryer to 200°C. Prep and season sweet potato and carrot as above.
2. Place veggies into air fryer basket and cook for 10 minutes.
3. Shake the basket, then cook until tender, a further 5-10 minutes.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW45



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate