

# Nan's Chicken & Cauli-Potato Mash

with Celery Slaw & Herby Mayo



Cauliflower



Potato



Chicken Breast



Nan's Special  
Seasoning



Celery



Deluxe Slaw  
Mix



Dill & Parsley  
Mayonnaise



Hands-on: **20-30 mins**  
Ready in: **25-35 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Carb Smart



Eat Me Early

Nan's special seasoning has done it again! We've teamed tonight's flavour-packed chicken breast with all the essentials: hearty mash, super crunchy slaw and of course, a creamy mayo.

## Pantry items

Olive Oil, Butter, Milk, White Wine  
Vinegar

## 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
butter*	40g	80g
milk*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
chicken breast	1 small packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
celery	1 stalk	2 stalks
deluxe slaw mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (618Cal)	484kJ (115Cal)
Protein (g)	37.3g	7g
Fat, total (g)	41.5g	7.8g
- saturated (g)	14.9g	2.8g
Carbohydrate (g)	23.5g	4.4g
- sugars (g)	9.7g	1.8g
Sodium (mg)	863mg	161mg
Dietary Fibre	7g	1.3g

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.

1



## Make the mash

- Bring a medium saucepan of salted water to the boil.
- Roughly chop **cauliflower** into small chunks. Peel **potato** and cut into large chunks.
- Cook **cauliflower** and **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Add **butter**, **milk** and the **salt** to pan. Mash until smooth. Cover to keep warm.

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

3



## Make the slaw

- While chicken is cooking, thinly slice **celery**.
- In a large bowl, combine **celery** and **deluxe slaw mix** with a drizzle of **white wine vinegar** and **olive oil**. Season to taste. Toss to coat.

2



## Cook the chicken

- While veggies are cooking, place your hand flat on top of **chicken breast**. Slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side. Remove from heat.

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

4



## Serve up

- Slice Nan's chicken.
- Divide chicken, cauli-potato mash and celery slaw between plates.
- Serve with **dill & parsley mayonnaise**.

## Enjoy!