

# Sweet Mustard Chicken & Parmesan Mash

with Garlic Veggies & Creamy Pesto Sauce

Grab your Meal Kit with this symbol











Carrot



Zucchini





Chicken Breast



Sweet Mustard Spice Blend



Basil Pesto



**Pantry items** Olive Oil, Butter, Milk

Hands-on: 30-40 mins

Ready in: 35-45 mins Naturally Gluten-Free Not suitable for coeliacs



Give succulent chicken breast a boost of flavour with our sweet mustard spice blend. Serve up a side of creamy, cheesy mash plus garlicky veggies for a chilled and cheerful dinner.



#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

NOTE: You'll also need to give your fruit and

#### You will need

Medium saucepan with a lid · Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	1/4 cup
salt*	1/4 tsp	½ tsp
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
sweet mustard spice blend	1 sachet	2 sachets
light cooking cream	½ medium packet	1 medium packet
basil pesto	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kj)	3276kJ (782Cal)	534kJ (127Cal)
Protein (g)	47.3g	7.7g
Fat, total (g)	48.3g	7.9g
- saturated (g)	19.3g	3.1g
Carbohydrate (g)	36.8g	6g
- sugars (g)	11.2g	1.8g
Sodium (mg)	949mg	155mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kj)	4026kJ (962Cal)	517kJ (123Cal)
Protein (g)	80.3g	10.3g
Fat, total (g)	53.3g	6.8g
- saturated (g)	20.9g	2.7g
Carbohydrate (g)	36.8g	4.7g
- sugars (g)	11.2g	1.4g
Sodium (mg)	1040mg	134mg

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.

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#### Make the Parmesan mash

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

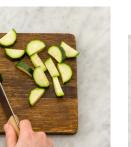


#### Get prepped

While the potato is boiling, thinly slice the carrot into thin sticks. Thinly slice the zucchini into half-moons. Finely chop the garlic. Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a medium bowl, combine the sweet mustard spice **blend** and a drizzle of **olive oil**. Add the **chicken** and turn to coat.

#### **CUSTOM RECIPE**

If you've doubled your chicken breast, prep it as above.



# Cook the veggies

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the carrot and zucchini, tossing, until tender, 5-6 minutes. Add the garlic and cook until fragrant, 1 minute. Season with salt and pepper. Transfer to a bowl and cover to keep warm.



#### Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken steaks**. in batches, until cooked through, 3-5 minutes each side (depending on thickness). Transfer to a plate.

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

#### **CUSTOM RECIPE**

Cook the chicken in batches for the best results!



# Make the creamy pesto sauce

Return the frying pan to a medium heat. Add the light cooking cream (see ingredients), basil pesto and any chicken resting juices. Stir to combine, then simmer until slightly thickened, 1-2 minutes. Season to taste.



# Serve up

Divide the sweet mustard chicken, Parmesan mash and garlic veggies between plates. Spoon the creamy pesto sauce over the chicken to serve.

# Enjoy!

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