



# Sweet Mustard Chicken & Parmesan Mash

with Garlic Veggies & Creamy Pesto Sauce

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Carrot



Zucchini



Garlic



Chicken Breast



Sweet Mustard Spice Blend



Light Cooking Cream



Basil Pesto



Chicken Breast

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Eat Me Early

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.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Milk

## 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 veggies a wash.

## 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	¼ cup
salt*	¼ 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

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

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 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.



## 4 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!



## 2 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.



## 5 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.



## 3 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.



## 6 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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