



Honey Chicken & Garlic Greens

with Creamy Potato Salad

KID FRIENDLY

DIETITIAN APPROVED*

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Green Beans



Baby Broccoli



Garlic



Spring Onion



Garlic & Herb Seasoning



Chicken Breast Strips



Dill & Parsley Mayonnaise



Chicken Breast Strips

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom recipe is not Calorie Smart or Dietitian Approved*

Eat Me Early

Here comes the much-loved flavour combination of sweet and creamy. Take your chicken dinner to new levels by coating it in honey. A creamy potato salad on the side and everyone will be surprised by how irresistible this dish is. Who wants seconds?

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

Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 small packet	2 small packets
baby broccoli	1 medium bunch	2 medium bunches
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets
butter*	10g	20g
honey*	1 tbs	2 tbs
dill & parsley mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2541kJ (607Cal)	457kJ (109Cal)
Protein (g)	41.4g	7.4g
Fat, total (g)	28.2g	5.1g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	47.9g	8.6g
- sugars (g)	27.6g	5g
Sodium (mg)	664mg	119mg
Dietary Fibre (g)	6.9g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	459kJ (110Cal)
Protein (g)	73.9g	10.3g
Fat, total (g)	33.5g	4.7g
- saturated (g)	7.8g	1.1g
Carbohydrate (g)	48.7g	6.8g
- sugars (g)	28.4g	4g
Sodium (mg)	746mg	104mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the potato

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into bite-sized chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **10-12 minutes**. Drain and set aside to cool.

4



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- Remove pan from heat. Add the **honey** and turn **chicken** to coat.

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

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Meanwhile, trim **green beans**. Cut **baby broccoli** in half lengthways. Finely chop **garlic**. Thinly slice **spring onion**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken breast strips**, season with **salt** and **pepper** and toss to coat.

Custom Recipe: If you've doubled your chicken, prepare as above and flavour in a large bowl.

5



Finish the potato salad

- Meanwhile, combine **spring onion**, **dill & parsley mayonnaise**, a drizzle of **white wine vinegar** and a generous pinch of **salt** in a large bowl.
- Add cooked **potato** to the **mayo mixture** and toss until well coated.

Little cooks: Kids can help combine the ingredients for the potato salad.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **baby broccoli** until tender, **5-6 minutes**.
- When the veggies have **1 minute** remaining, add the **butter** and **garlic**. Cook until fragrant, **1-2 minutes**. Season, then transfer to a plate and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.

6



Serve up

- Divide honey chicken, creamy potato salad and garlic veggies between plates. Enjoy!

Rate your recipe

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