



# Herby Chicken & Brown Butter Sauce

with Potato Mash & Steamed Veggies

SEASONAL HERO

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Potato



Carrot



Green Beans



Baby Leaves



Rosemary



Garlic



Lemon



Chicken Breast



Seasoning Blend



Chicken Thigh



Chicken Breast

### Recipe Update

We've replaced the pea pods in this recipe with green beans due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

WIN THE ULTIMATE BLUES EXPERIENCE!



SCAN AND REGISTER TO WIN



Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

The garlicky, buttery sauce is the star of this meal, drizzled over tender chicken to add juiciness and flavour. Let's add a creamy mash to help soak up the last of that sauce and some steamed veggies to cut through all that richness. Bon appétit!

### Pantry items

Olive Oil, Milk, Butter, Plain Flour

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
green beans	1 small packet	1 medium packet
baby leaves	1 small packet	1 medium packet
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b> (for the mash)	20g	40g
rosemary	2 sticks	4 sticks
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
<b>plain flour*</b>	2 tbs	¼ cup
seasoning blend	1 sachet	2 sachets
<b>butter*</b> (for the sauce)	40g	80g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2696kJ (644Cal)	449kJ (107Cal)
Protein (g)	48.7g	8.1g
Fat, total (g)	27.5g	4.6g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	51.9g	8.6g
- sugars (g)	33.6g	5.6g
Sodium (mg)	920mg	153mg
Dietary Fibre (g)	10.4g	1.7g

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](https://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

2025 | CW12



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## Make the mash & steam the veggies

- Bring a medium saucepan of water to the boil.
- Cut **potato** into large chunks. Cut **carrot** into sticks. Trim **green beans**.
- Cook **potato** in the boiling water for **6 minutes**.
- Place a colander or steamer basket on top and add **carrot** and **green beans**.
- Cover with a lid and steam until veggies are tender and potatoes are easily pierced with a fork, **7-8 minutes**. Transfer **carrot** and **green beans** to a bowl, then add **baby leaves**. Season, then cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **milk**, **butter (for the mash)** and a pinch of **salt** and mash until smooth.

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## Cook the chicken & make the sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until cooked through (when no longer pink inside), **3-5 minutes** each side. Transfer to a plate.
- Return frying pan to medium heat with the **butter (for the sauce)** and cook until beginning to brown, **1-2 minutes**. Add **garlic** and **rosemary** and cook until fragrant, **1 minute**. Remove from heat, then return **chicken** to pan, adding a squeeze of **lemon juice** and a splash of **water**. Season to taste.

## CUSTOM OPTIONS



### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.



### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

2



## Get prepped

- Meanwhile, pick and finely chop **rosemary leaves**.
- Finely chop **garlic**.
- Slice **lemon** into wedges.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour** and **seasoning blend**. Dip **chicken** into the **flour mixture** to coat.

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## Finish & serve

- Slice chicken.
- Divide chicken, potato mash and steamed veggies between plates.
- Spoon herby brown butter sauce over chicken and mash.
- Serve with any remaining lemon wedges. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

