Speedy Kiwi-Spiced Chicken & Gravy

with Kūmara Mash & Lemony Greens

15-MINUTE MEALS

Grab your meal kit with this number 36

- Diced Kūmara
- Chicken Breast Strips
- Kiwi Spice Blend
- Lemon
- Asparagus
- Baby Spinach Leaves
- Gravy Granules

Chicken Breast Strips

Beef Rump

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early

Smokey, saucy and seriously satisfying! Tender chicken strips are served over creamy kūmara mash with a side of zesty lemony greens and a generous pour of gravy - it's a cosy-meets-classy combo that hits all the right notes.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
diced kūmara	1 medium packet	1 large packet
butter*	40g	80g
salt*	¼ tsp	½ tsp
chicken breast strips	320g	640g
Kiwi spice blend	1 sachet	2 sachets
lemon	½	1
asparagus	1 bunch	2 bunches
baby spinach leaves	1 small packet	1 medium packet
gravy granules	1 sachet	2 sachets
cracked black pepper*	¼ tsp	½ tsp
boiling water*	½ cup	1 cup

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1970kJ (470Cal)	346kJ (83Cal)
Protein (g)	39.1g	6.9g
Fat, total (g)	26.9g	4.7g
- saturated (g)	13.6g	2.4g
Carbohydrate (g)	10.1g	1.8g
- sugars (g)	12.1g	2.1g
Sodium (mg)	1250mg	219mg
Dietary Fibre (g)	9.5g	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** 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

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1

Make the kūmara mash

- Boil the kettle.
- Half-fill a medium saucepan with boiling water, then add a pinch of **salt**.
- Cook **diced kūmara** over medium-high heat, until easily pierced with a fork, **8-10 minutes**. Drain and return to saucepan.
- Add the **butter** and **salt**. Mash until smooth. Season generously with **pepper** and cover to keep warm.

2

Cook the chicken

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken breast strips** and **Kiwi spice blend** until browned and cooked through, **6-8 minutes**.

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

3

Steam the asparagus

- While the chicken is cooking, halve **lemon**. Trim ends of **asparagus**. Add **asparagus** and a splash of water to a medium microwave-safe bowl, then cover with a damp paper towel.
- Microwave **asparagus** on high until just tender, **2-4 minutes**.
- Drain **asparagus**, then return to the bowl. Add **baby spinach leaves** and a good squeeze of **lemon juice**. Toss to combine and season to taste with **salt** and **pepper**.

4

Finish & serve

- In a medium bowl, combine **gravy granules**, the **cracked black pepper** and the **boiling water**, whisking, until smooth, **1 minute**.
- Divide kūmara mash, Kiwi-spiced chicken and lemony greens between plates. Pour over gravy to serve. Enjoy!

CUSTOM OPTIONS

CHICKEN BREAST STRIPS:
Follow method above, cooking in batches if necessary.

BEEF RUMP:
Follow method above, cooking for 4-5 minutes each side for medium-rare. Slice before serving.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO