



# Cherry & Balsamic-Glazed Chicken

with Mash & Garlicky Veggies

Grab your Meal Kit with this symbol



Potato



Flaked Almonds



Carrot



Green Beans



Garlic



Chicken Thigh



Cherry Sauce



Parsley

Hands-on: **25-35 mins**  
Ready in: **45-55 mins**

Eat me early

Oh, happy days! With a heavenly combination of aromatic veggies tossed around in the pan, creamy mash and a sticky-sweet cherry glaze enveloping the chicken thigh, this is a modern and delicious union that will be happily devoured by all.

### Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
garlic	1 clove	2 cloves
chicken thigh	1 packet	1 packet
cherry sauce	1 packet (40g)	2 packets (80g)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
parsley	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2520kJ (602Cal)	398kJ (95Cal)
Protein (g)	39g	6.2g
Fat, total (g)	24.1g	3.8g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	54.7g	8.6g
- sugars (g)	24.1g	3.8g
Sodium (mg)	487mg	77mg

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.



## Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



## Cook the chicken

Season both sides of the **chicken thigh** with **salt** and **pepper**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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



## Get prepped

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Thinly slice the **carrot** into sticks. Trim the **green beans**. Finely chop the **garlic**.



## Make the glaze

While the chicken is cooking, combine the **cherry sauce**, **balsamic vinegar**, **brown sugar** and the **water** in a small bowl. Season with **salt** and **pepper**. When the **chicken** is cooked, remove the pan from the heat, then add the **cherry-balsamic glaze**. Turn the chicken to coat.

**TIP:** Stand back! The glaze can spit when added to the hot pan.



## Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **carrot** and **green beans**, tossing, until softened, **4-6 minutes**. Add the **garlic**, then season with **salt** and **pepper** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



## Serve up

Roughly chop the **parsley** leaves. Slice the glazed chicken. Divide the mash, garlicky veggies and chicken between plates. Spoon over any remaining glaze. Sprinkle with the parsley and toasted almonds.

## Enjoy!