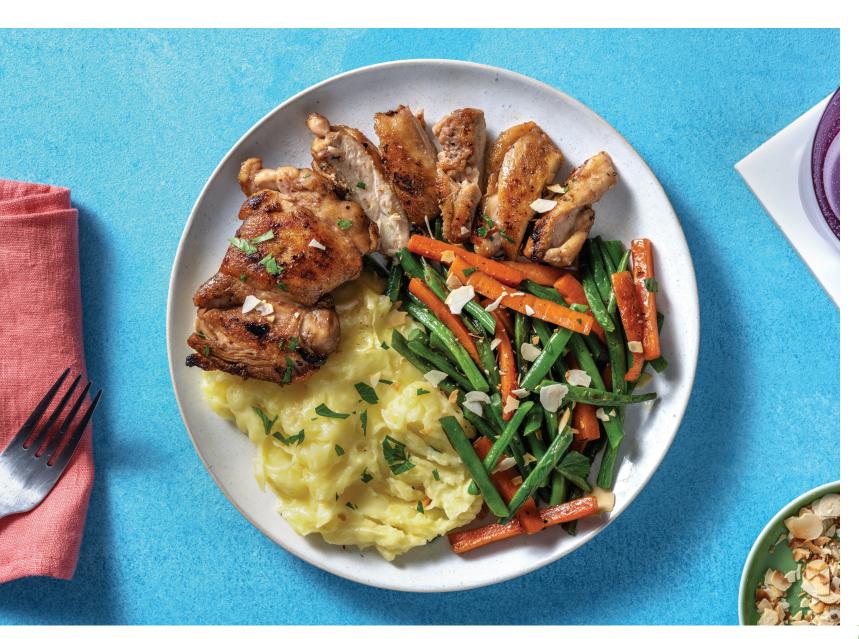


Cherry & Balsamic-Glazed Chicken

with Mash & Garlicky Veggies

Grab your Meal Kit with this symbol









Potato

Flaked Almonds

Flaked Almoni





Green Beans





Garlic



Cherry Sauce

Parsley

Pars

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

 ${\sf Medium\, saucepan\cdot Large\, frying\, pan}$

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	20g	40g	
milk*	2½ tbs	⅓ cup	
salt*	1/4 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 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.



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**.



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.



Cook the chicken

Season both sides of the **chicken thigh** with **salt** and **pepper**. Return the frying pan to a mediumhigh 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.



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.



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!