

Chicken & Creamy Chive Sauce

with Potato Wedges & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Broccoli



Garlic



Chives



Chicken Breast



Baby Spinach Leaves




Longlife Cream



Chicken-Style Stock Powder

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

 Eat me early

With their delicate onion flavour and vibrant colour, chives make a sauce sing! This creamy chive sauce for seared chicken breast is packed with flavour, and with roasted potatoes and garlicky veggies on the side it makes a meal everyone will love.

Unfortunately, this week's broccolini was in short supply, so we've replaced it with broccoli. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
broccoli	½ head	1 head
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken breast	1 packet	1 packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2413kJ (576Cal)	475kJ (113Cal)
Protein (g)	44.1g	8.7g
Fat, total (g)	30.4g	6g
- saturated (g)	16.4g	3.2g
Carbohydrate (g)	29g	5.7g
- sugars (g)	4g	0.8g
Sodium (mg)	351mg	69mg

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.



Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the wedges are roasting, cut the **broccoli** (see ingredients) into small florets and roughly chop the stalk. Finely chop the **garlic**. Finely chop the **chives**.



Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Season the **chicken** on both sides with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate and cover to keep warm.

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



Cook the greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Add the **broccoli**, season with **salt** and **pepper** and cook, tossing, until just tender, **4-5 minutes**. Add the **garlic** and **baby spinach leaves** and cook until fragrant and wilted slightly, **1 minute**. Transfer to a plate.



Make the sauce

Return the frying pan to a medium-low heat, then add the **longlife cream** (see ingredients), **chives** and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people). Cook, scraping up any meaty bits from the pan, until slightly thickened, **2-3 minutes**. Season to taste.

TIP: If the sauce seems thick, add more water, 1 tsp at a time, until it has your desired consistency.

TIP: Add any resting juices from the chicken to the sauce for extra flavour!



Serve up

Slice the chicken. Divide the chicken, wedges and garlicky greens between plates. Drizzle the creamy chive sauce over the chicken.

Enjoy!