



Chicken & Creamy Chive Sauce

with Wedges & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Broccoli



Garlic



Chives



Chicken Thigh



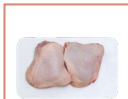
Baby Spinach Leaves



Longlife Cream



Chicken-Style Stock Powder



Chicken Thigh

Hands-on: 25-35 mins
Ready in: 30-40 mins

Carb Smart*

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 baked wedges and garlicky greens on the side, it makes a meal everyone will love.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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	1 head	2 heads
garlic	1 clove	2 cloves
chives	1 bag	1 bag
chicken thigh	1 packet	1 packet
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
chicken thigh**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	432kJ (103Cal)
Protein (g)	49.1g	8.2g
Fat, total (g)	31.5g	5.3g
- saturated (g)	16.5g	2.8g
Carbohydrate (g)	29.9g	5g
- sugars (g)	4.1g	0.7g
Sodium (mg)	399mg	67mg
Dietary Fibre (g)	7.1g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3307kJ (790Cal)	436kJ (104Cal)
Protein (g)	84.8g	11.2g
Fat, total (g)	34.8g	4.6g
- saturated (g)	17.5g	2.3g
Carbohydrate (g)	29.9g	3.9g
- sugars (g)	4.1g	0.5g
Sodium (mg)	496mg	65mg

The quantities provided above are averages only.

*Custom Recipe is not Carb Smart.

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.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **25-30 minutes**.



Get prepped

While the wedges are baking, cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** and **chives**.



Cook the chicken

Season the **chicken thigh** 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**, turning occasionally until cooked through, **10-14 minutes**. Transfer to a plate and cover to keep warm.

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

CUSTOM RECIPE

If you've doubled your chicken thigh, cook in batches for best results!



Cook the greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil** if needed. Add the **broccoli**, season and cook, tossing, until just tender, **5-6 minutes**. Add the **garlic** and **baby spinach leaves** and cook until fragrant and wilted slightly, **1 minute**. Transfer to a plate.



Make the sauce

Wipe out the frying pan, then return to a medium-low heat. Add the **longlife cream** (see ingredients), **chives**, **chicken-style stock powder** (see ingredients) and any **chicken resting juices**. 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.



Serve up

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

Enjoy!