



Chicken & Creamy Peppercorn Sauce

with Potato Mash & Greens

Grab your Meal Kit with this symbol



Potato



Green Beans



Broccoli



Garlic



Black Peppercorns



Chicken Breast



Slivered Almonds



Pure Cream



Chicken Stock

Hands-on: **40-50** mins
Ready in: **40-50** mins

Eat me early

One taste of this creamy peppercorn sauce and you'll want to pour it over everything! The gentle warming heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add a smooth potato mash and nutty greens for a weeknight dinner that's better than most!

Pantry items

Olive Oil, Milk, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200g)	1 bag (400g)
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
milk*	2 tbs	½ cup
butter*	50g	100g
slivered almonds	1 packet	2 packets
pure cream	½ packet (150ml)	1 packet (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	5330kJ (1270Cal)	650kJ (155Cal)
Protein (g)	55.4g	6.8g
Fat, total (g)	97.1g	11.8g
- saturated (g)	53.1g	6.5g
Carbohydrate (g)	40.4g	4.9g
- sugars (g)	8.1g	1.0g
Sodium (g)	518mg	63mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Crush the **black peppercorns** (see ingredients list) in a pestle and mortar, or in a plastic bag using a rolling pin. Place your hand flat on top of a **chicken breast** and slice horizontally, without cutting all the way through. Open up the **chicken** like a book. Repeat with the **remaining chicken**.



4. Cook the chicken

Return the pan to a medium-high heat with a **drizzle of olive oil**. Season the butterflied **chicken** on both sides with **salt**, then add to the pan. Cook until cooked through, **2-4 minutes** each side. Transfer to a plate to rest.

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



2. Make the potato mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **salt**, **milk** and **1/2 the butter** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



5. Make the peppercorn sauce

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the crushed **peppercorns** and **remaining garlic** and cook until fragrant, **30 seconds**. Reduce the heat to low, add a **dash of water** and scrape up any bits stuck to the bottom of the pan. Add the **pure cream** (see ingredients list) and crumble in the **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Cook, stirring, until thickened, **5-6 minutes**. Add any **chicken resting juices** and season to taste with **salt** and **pepper**.



3. Cook the greens

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with the **remaining butter** and a **drizzle of olive oil**. Add the **green beans** and **broccoli** and cook until just tender, **5-6 minutes**. Add **1/2 the garlic** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.

TIP: Add a splash of water to help the veggies cook faster.



6. Serve up

Divide the potato mash, seared chicken and greens between plates. Spoon the creamy peppercorn sauce over the chicken. Sprinkle the toasted almonds over the greens.

Enjoy!