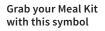
# Quick Creamy Chicken & Veggies with Herby Mash











Potato





Green Beans







Herbs

Chicken Breast

Garlic & Herb Longlife Cream Seasoning

**Pantry items** 

Olive Oil, Butter, Milk

### 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

 $Large\ saucepan\cdot Large\ frying\ pan$ 

### Ingredients

5		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
leek	1	2
herbs	1 bag	1 bag
chicken breast	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
garlic & herb seasoning	1 sachet	1 sachet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3086kJ (738Cal)	501kJ (120Cal)
Protein (g)	42.6g	6.9g
Fat, total (g)	42.1g	6.8g
- saturated (g)	26.6g	4.3g
Carbohydrate (g)	46.8g	7.6g
- sugars (g)	20.4g	3.3g
Sodium (mg)	652mg	106mg

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 mash

- Boil the kettle. Pour boiling water into a large saucepan over high heat with a pinch of salt.
- Peel potato and cut into large chunks. Cook potato in boiling water until easily pierced with a fork, 12-15 minutes.
- Drain and return to the pan. Add the **butter** and the **milk**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



### Cook chicken & veggies

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
  When oil is hot, add chicken, carrot and green beans, tossing occasionally, until browned and tender, 5-6 minutes.
- Add leek and cook until tender, 2-3 minutes.
- Reduce heat to low, then add longlife cream (see ingredients) and garlic & herb seasoning and cook until slightly thickened and chicken is cooked through, 2-3 minutes. Season to taste.



### Get prepped

- While the potato is cooking, thinly slice carrot into half-moons. Trim green beans and slice into thirds.
- · Thinly slice leek and herbs.
- · Cut chicken breast into 2cm chunks.



### Serve up

- Add herbs to the mash and stir to combine.
- · Divide herby mash between bowls.
- · Top with creamy chicken and veggies to serve.

### **Enjoy!**