



Quick Creamy Chicken & Veggies

with Herby Mash

Grab your Meal Kit
with this symbol



Potato



Carrot



Green Beans



Leek



Herbs



Chicken Breast



Longlife Cream



Garlic & Herb
Seasoning



Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

5
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Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Eat Me Early

Something magical happens when you combine this decadent creamy sauce with chunks of chicken and veggies, then pile it on herby mash potato. It all comes together so beautifully you'll be wanting to lick the plate clean!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ 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

*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.

1



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!

3



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.

2



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.

4



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!