



Pan-Seared Chicken & Creamy Dill Sauce

with Mashed Potato & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Dill



Chicken Breast



Longlife Cream



Vegetable Stock Powder

Hands-on: 30-40 mins
Ready in: 40-50 mins

Eat me early

We've paired succulent chicken with a creamy dill sauce to keep things super simple tonight. With a delicious mash and crisp veggies as the perfect sidekicks, you've got a classic meal that's easy to love.

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
carrot	1	2
garlic	3 cloves	6 cloves
dill	1 bunch	1 bunch
chicken breast	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (862Cal)	524kJ (125Cal)
Protein (g)	48.9g	7.1g
Fat, total (g)	56.3g	8.2g
- saturated (g)	31.8g	4.6g
Carbohydrate (g)	35.3g	5.1g
- sugars (g)	8.8g	1.3g
Sodium (mg)	714mg	104mg

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 the potato mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **butter, milk** and the **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



Get prepped

While the potato is cooking, cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Finely chop the **dill**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **broccoli, carrot** and a splash of **water** and cook, tossing, until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Season the **chicken** on both sides with **salt**. When the oil is hot, cook the **chicken** until cooked through, **3-5 minutes** each side. Transfer to a plate to rest.

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



Make the creamy dill sauce

Return the frying pan to a low heat with a drizzle of **olive oil**. Add the remaining **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **vegetable stock powder, dill** and any **chicken resting juices** and cook until warmed and infused with dill flavour, **1-2 minutes**. Season to taste.



Serve up

Slice the chicken. Divide the mashed potato, chicken and garlic veggies between plates. Spoon over the creamy dill sauce.

Enjoy!