



Chicken & Creamy Chive Sauce

with Sweet Potato Wedges & Garlic Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Carrot



Garlic



Chives



Chicken Breast



Light Cooking Cream



Chicken Stock

Hands-on: **20-30** mins
Ready in: **30-40** mins

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Low Calorie

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 roasted potato wedges and garlicky greens on the side it makes a meal that everyone will love!

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
sweet potato	2	4
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
chicken breast	1 packet	1 packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2293kJ (547Cal)	388kJ (92Cal)
Protein (g)	39.6g	6.7g
Fat, total (g)	25.5g	4.3g
- saturated (g)	13.2g	2.2g
Carbohydrate (g)	39.1g	6.6g
- sugars (g)	21g	3.6g
Sodium (mg)	419mg	71mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.

TIP: Spread across two trays if it can't fit in a single layer!



2. Get prepped

While the wedges are roasting, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **chives**.



3. Cook the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining **chicken**. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Season the **chicken** on both sides with **salt** and **pepper** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate and cover to keep warm.

TIP: If your pan is getting crowded, cook in batches for the best results!

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



4. Cook the garlic veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and **carrot**, season with **salt** and **pepper** and cook, stirring, until just tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a plate.



5. Make the sauce

Return the frying pan to a medium-low heat and add the **light cooking cream**, **chives** and crumbled **chicken stock** (**1/2 cube for 2 people** / **1 cube for 4 people**). Cook, scraping up any meaty bits from the pan, until slightly thickened, **1-2 minutes**. Season to taste with **salt** and **pepper**.

TIP: Add any resting juices from the chicken to the sauce for extra flavour!



6. Serve up

Thinly slice the chicken, then divide between plates along with the sweet potato wedges and garlic veggies. Drizzle the creamy chive sauce over the chicken to serve.

Enjoy!