



Chicken & Creamy Red Pesto Sauce

with Garlic Mash & Zesty Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Longlife Cream



Broccolini



Carrot



Lemon



Chicken Breast



Nan's Special Seasoning



Red Pesto



Chicken-Style Stock Powder

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**

Eat me early

What's a quick and easy way to bring a rich, home-style flavour to a dish? Add our popular spice blend - Nan's special seasoning, with paprika, pepper, onion and garlic! Use it to coat chicken breast, then add a rich red pesto sauce and mashed potato for a dish that's all kinds of yum.

Pantry items

Olive Oil, Butter

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
garlic	1 clove	2 cloves
butter*	30g	60g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
salt*	¼ tsp	½ tsp
broccolini	1 bunch	1 bunch
carrot	1	2
lemon	½	1
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
red pesto	½ packet (25g)	1 packet (50g)
chicken-style stock powder	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	572kJ (137Cal)
Protein (g)	46.1g	7.6g
Fat, total (g)	51.3g	8.4g
- saturated (g)	26.4g	4.3g
Carbohydrate (g)	44.4g	7.3g
- sugars (g)	10.4g	1.7g
Sodium (mg)	748mg	123mg

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 the garlic mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **garlic**. Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **potato**. Return the saucepan to a medium-high heat with a drizzle of **olive oil** and 1/2 the **butter**. Add the **garlic** and cook until fragrant, **1 minute**. Remove from the heat, return the **potato** to the saucepan, then add some **longlife cream** (2 tbs for 2 people / 1/4 cup for 4 people), the **salt** and remaining **butter**. Mash with a potato masher or fork until smooth. Cover to keep warm.



4 Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and cook until softened slightly, **2 minutes**. Add the **broccolini** with a dash of **water** and cook until softened, **4-5 minutes**. Add the **lemon zest** and a squeeze of **lemon juice**, then toss to coat. Transfer to a plate and cover to keep warm.



2 Get prepped

While the potato is cooking, trim and halve the **broccolini**. Thinly slice the **carrot** (unpeeled) into batons. Zest the **lemon** to get a pinch, then slice into wedges. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



5 Cook the creamy sauce

Return the frying pan to a medium heat, then add the **red pesto** (see ingredients), remaining **longlife cream** (see ingredients), the **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people) and any **chicken resting juices**. Season with **pepper**. Cook, stirring, until thickened slightly, **2-3 minutes**.



3 Cook the chicken

In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a bowl and cover to keep warm.

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



6 Serve up

Divide the garlic mash, chicken and zesty veggies between plates. Pour over the creamy red pesto sauce. Serve with any remaining lemon wedges.

Enjoy!