



# Chicken & Creamy Peppercorn Sauce

with Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Carrot



Garlic



Black Peppercorns



Chicken Breast



Flaked Almonds



Longlife Cream



Chicken-Style Stock Powder

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

 Eat Me Early

One taste of this creamy peppercorn sauce and you'll want to slather it on everything! The gentle heat melds beautifully with the decadent cream for a rich and tasty addition to this simple meal. Add some mash and nutty greens for a weeknight dinner that's better than most!

### Pantry items

Olive Oil, Milk, 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
salt*	¼ tsp	½ tsp
milk*	2 tbs	¼ cup
butter*	60g	120g
baby broccoli	1 bag	1 bag
carrot	1	2
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
chicken breast	1 packet	1 packet
flaked almonds	1 packet	2 packets
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (898Cal)	571kJ (136Cal)
Protein (g)	41.2g	6.3g
Fat, total (g)	63.6g	9.7g
- saturated (g)	34.6g	5.3g
Carbohydrate (g)	40.6g	6.2g
- sugars (g)	10g	1.5g
Sodium (mg)	783mg	119mg

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](https://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 mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt, milk** and 2/3 of the **butter** and mash until smooth. 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**. Cook the **chicken**, in batches, 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.*



## Get prepped

While the potato is cooking, trim the **baby broccoli**. Thinly slice the **carrot** into half-moons. Finely chop the **garlic**. Crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



## Make the peppercorn sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the crushed **peppercorns** and remaining **garlic** until fragrant, **30 seconds**. Reduce the heat to low, then add a dash of **water** and scrape up any bits stuck to the bottom of the pan. Add the **longlife cream** (see ingredients) and **chicken-style stock powder** (see ingredients). Cook, stirring, until the peppercorn flavour has infused and the sauce has thickened, **2-3 minutes**. Stir through any **chicken resting juices**.



## Cook the veggies

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Cook the **baby broccoli** and **carrot** with a splash of **water**, tossing, until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then transfer to a bowl. Cover to keep warm.



## Serve up

Divide the mash, seared chicken and veggies between plates. Spoon over the creamy peppercorn sauce and sprinkle the toasted almonds over the veggies.

## Enjoy!