



HERBED CHICKEN

with Cauliflower-Parmesan Mash



Make your mash more nutritious with the addition of cauliflower



Oregano



Garlic



Potatoes



Cauliflower



Broccoli



Parmesan Cheese



Free Range Chicken Breast



Chicken Stock

Pantry Staples



Olive Oil



Butter



White Wine Vinegar



Boiling Water



Plain Flour



Cold Water

Hands-on: **25 mins**
Ready in: **40 mins**

Eat Me Early

Say goodbye to plain old taters in your mash, cauliflower's here and he's lending his incredible flavour to this cheesy mash! Sorry potatoes, there's just no competing...

BEFORE YOU — START

You will need: **large saucepan, chef's knife, chopping board, garlic crusher, vegetable peeler, fine grater, medium bowl, large ovenproof frying pan, tongs, colander, potato masher or fork, plate, aluminium foil, small bowl** and **whisk**. Let's start cooking the **Herbed Chicken with Cauliflower-Parmesan Mash**



1 GET PREPPED

Preheat oven to **200°C/180°C fan-forced**. Bring a large saucepan of salted water to the boil. Pick the **oregano** leaves and finely chop. Peel and crush the **garlic**. Peel the **potato** and cut into 2 cm chunks. Chop the **cauliflower** and **broccoli** into small florets. Finely grate the **Parmesan cheese**.



4 MAKE THE MASH

🌱 Drain the cauliflower-potato mix and return to the saucepan. Mash using a potato masher or fork until smooth. Add the **butter** and **Parmesan cheese**, season with **salt** and **pepper** and stir to mix well.

Adding cauliflower to your standard mash will make it lighter and more nutritious without compromising on flavour!



2 COOK THE CHICKEN

In a medium bowl combine the **oregano, garlic, 1/2 the olive oil** and a generous pinch of **salt** and **pepper**. Add the **chicken breast** and toss to coat. Heat the **remaining olive oil** in a large ovenproof frying pan over a medium-high heat. Add the **chicken breast** and fry for **2 minutes** on each side, or until golden. Transfer to the oven and bake for **8-10 minutes**, or until cooked through.



5 MAKE THE CHICKEN GRAVY

Once the **chicken breast** is cooked, transfer to a plate and cover with aluminium foil. Return the pan used to cook the chicken to high heat and add the **white wine vinegar**. Cook for **1 minute**, scraping any bits from the bottom of the pan. Add the crumbled **chicken stock** cube and **boiling water** and stir well. Reduce the heat to low. In a small bowl combine the **plain flour** and **cold water** and whisk well. Slowly pour into the gravy and whisk well to combine. Leave to simmer for **5 minutes**, or until thickened. Pour in any juices that the chicken breast have released during resting and season with **black pepper**.



3 COOK THE VEGGIES

Meanwhile, add the **potato** and **cauliflower** to the saucepan of boiling water. Place a colander on top of the saucepan, add the **broccoli** to the colander and cover with a lid. Cook the **broccoli, potato** and **cauliflower** for **10 minutes**, or until soft (the broccoli will steam whilst the other veggies boil). Season the **broccoli** with **salt** and **pepper** and set aside.



6 SERVE UP

Divide the cauliflower-parmesan mash, oregano chicken and steamed broccoli between plates. Spoon the gravy over the chicken.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
oregano	1 bunch
garlic 🍷	2 cloves
potatoes	400g
cauliflower	1 portion
broccoli	1 head
Parmesan cheese 🍷	½ block (25g)
olive oil*	2 tbs
free range chicken breast	4-5 fillets
butter*	1 tbs
white wine vinegar*	2 tsp
chicken stock 🍷	1 cube
boiling water*	1 cup
plain flour*	½ tbs
cold water*	1 tbs

*Pantry Items | 🍷 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2120	394
Protein (g)	51.3	9.6
Fat, total (g)	23.8	4.4
- saturated (g)	8.2	1.5
Carbohydrate (g)	17.5	3.3
- sugars (g)	3	0.6
Sodium (mg)	297	55

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Italian Tomato Chicken

with Basil & Parmesan



Add red wine or red wine vinegar to enhance the depth of Italian inspired dishes



Leek



Zucchini



Garlic



Chicken Stock



Green Olives



Basil



Parmesan Cheese



Basmati Rice



Free Range Chicken Thighs



Diced Tomatoes

Pantry Staples



Olive Oil



Red Wine (or Red Wine Vinegar)



Warm Water

Hands-on: 25 mins
Ready in: 35 mins

Eat Me Early

Rice might not seem immediately Italian, but it's actually been grown and cooked in Italy since the Middle Ages. We have some bright spark to thank for finally taking this historic thickening agent and throwing it in the pot – the result is delicious!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **garlic crusher**, **fine grater**, **sieve**, **large ovenproof frying pan** with a lid, **tongs**, **plate** and **wooden spoon**. Let's start cooking the **Italian Tomato Chicken with Basil & Parmesan**



1 GET PREPPED

Preheat the oven grill to medium-high. Finely slice the **leek**. Slice the **zucchini** into half moons. Peel and crush the **garlic**. Halve the **green olives** (check for pits). Pick the **basil** leaves. Finely grate the **Parmesan cheese**. Place the **Basmati rice** in a sieve and rinse well under cold running water.



2 BROWN THE CHICKEN

Heat **1/2** the **olive oil** in a large ovenproof frying pan over a medium-high heat. Add the **chicken thigh** and cook for **4-5 minutes**, turning occasionally, until golden (the chicken will finish cooking in step 4). Set aside on a plate.

TIP: add the thighs in two batches to avoid overcrowding the pan and ensure the chicken is golden and browned.



3 ADD THE VEGGIES

Heat the **remaining olive oil** in the same pan, add the **leek**, **zucchini** and **garlic** and cook, stirring occasionally, for **4-5 minutes**, or until tender. **+** Add the **red wine (or red wine vinegar)** and stir, scraping the base of the pan. Crumble in the **chicken stock** cube and stir through the **warm water**, **diced tomatoes** and **Basmati rice**. Season with **salt** and **pepper**. Stir to combine.

Adding a splash of red wine or red wine vinegar to a rustic dish like this adds a touch of richness and brings out the natural flavours of the diced tomatoes.



4 SIMMER THE ITALIAN CHICKEN

Bring the liquid to the boil, stir through the **green olives** (optional) and return the **chicken** to the pan. Sprinkle over **1/2** the **basil** leaves. Cover with a lid and simmer for **20 minutes**, or until the rice is cooked through. Stir halfway to ensure the rice doesn't stick to the base of the pan.



5 MAKE IT GOLDEN

Sprinkle the **Parmesan cheese** and **remaining basil** leaves (reserving a few leaves for garnish) over the chicken and rice. Place the pan under the grill for **5 minutes**, or until the cheese is melted and golden.



6 SERVE UP

Divide the rice and chicken between plates. Garnish with **basil**.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
leek	1
zucchini	1
garlic ☞	2 cloves
green olives (optional)	1 tub (50g)
basil	1 bunch
Parmesan cheese ☞	1/2 block (25g)
Basmati rice	2 packets (1 1/2 cups)
olive oil*	2 tbs
free range chicken thighs	1 packet
red wine (or red wine vinegar)*	2 tbs
chicken stock ☞	1 cube
warm water*	2 cups
diced tomatoes	1 tin

*Pantry Items | ☞ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2890	547
Protein (g)	44.2	8.4
Fat, total (g)	26	4.9
- saturated (g)	7.4	1.4
Carbohydrate (g)	67.1	12.7
- sugars (g)	4.9	0.9
Sodium (mg)	529	100

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Family Supreme Pizza

with Mozzarella & Salami



Discover the secret to a
crispy homemade pizza



Zucchini



Mushrooms



Tomatoes



Mild Salami



Mozzarella Cheese



Tomato Paste



Italian Herbs



Wholemeal Pizza Bases

Pantry Staples



Balsamic Vinegar



Olive Oil

Hands-on: 10 mins
Ready in: 20 mins

Tonight, we're feeling the love with this supreme pizza. There's not much to explain: the crispy base, rich tomato paste and melted Mozzarella cheese will have you making heart eyes already. After all that, the salami, mushrooms and zucchini seal the deal. Kisses all round!

BEFORE YOU START

You will need: **chef's knife**, **chopping board**, **vegetable peeler**, **box grater**, **small bowl** and **spoon**. Let's start cooking the **Family Supreme Pizza with Mozzarella & Salami**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Peel the **zucchini** into ribbons. Thinly slice the **mushrooms** and **tomato**. Roll the **mild salami** into cigars and slice into strips. Grate the **Mozzarella cheese**.



2 FLAVOUR THE TOMATO PASTE

Combine the **tomato paste**, **Italian herbs**, **balsamic vinegar** and **olive oil** in a small bowl. Season with **salt** and **pepper**.



3 SPREAD THE TOMATO PASTE

Lay the **wholemeal pizza bases** on a flat surface. Spread the flavoured tomato paste evenly over the bases using the back of a spoon.



4 ADD THE PIZZA TOPPINGS

Place the **mild salami**, **tomato** and **mushrooms** evenly over the pizzas. Sprinkle with grated **Mozzarella cheese** and **zucchini** ribbons. Drizzle with a little **olive oil**.



5 COOK THE PIZZA

Place the pizzas into the oven directly onto the wire racks. Cook for **10 minutes**, or until the bases are crispy, the cheese has melted and the zucchini is lightly toasted.

Here is our trick to faking woodfire pizza oven heat, simply ditch the baking tray and cook the pizza directly on the oven racks for that authentic finish.



6 SERVE UP

To serve, slice the pizzas into pieces.

Enjoy!

4-5 PEOPLE INGREDIENTS

	4-5P
zucchini	1
mushrooms	1 punnet
tomatoes	2
mild salami	1 packet
Mozzarella cheese	1 block (150g)
tomato paste	3 sachets (6 tbs)
Italian herbs	1 sachet (2 tsp)
balsamic vinegar*	1 tbs
olive oil*	2 tsp
wholemeal pizza bases	3

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2800	775
Protein (g)	35.3	9.8
Fat, total (g)	23.5	6.5
- saturated (g)	11	3.1
Carbohydrate (g)	74.1	20.5
- sugars (g)	9.5	2.6
Sodium (mg)	1320	366

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EASY BEEF CHOW MEIN

with Asian Veggies



Master the art of 'velveting' mince for a tender and moist mouth feel



Garlic



Spring Onion



Brown Onion



Coriander



Carrot



Asian Greens



Hokkien Noodles



Beef Mince



Mild Curry Powder



Oyster Sauce

Pantry Staples



Plain Flour



Olive Oil



Salt-Reduced Soy Sauce

Hands-on: 20 mins
Ready in: 30 mins

We love turning our hand to classic dishes and takeaway favourites. For this next trick, we're showing you how to do classic beef Chow Mein in your own home. It's easier than you think!

BEFORE YOU — START

You will need: **kettle, chef's knife, chopping board, garlic crusher, vegetable peeler, large bowl, fork or tongs, colander, medium bowl, wooden spoon and large wok or frying pan.** Let's start cooking the **Easy Beef Chow Mein with Asian Veggies**



1 GET PREPPED

Boil a full kettle of water. Peel and crush the **garlic**. Finely slice the **spring onion** and **brown onion**. Finely chop the **coriander** leaves and stalks (keep leaves and stalks separate). Peel and slice the **carrot** into half moons. Wash and roughly chop the **Asian greens**.



2 COOK THE NOODLES

Place the **Hokkien noodles** in a large bowl and pour over the boiling water. Separate using a fork or tongs and leave to soak for **10 minutes**. Drain and return the **Hokkien noodles** to the bowl.



3 'VELVET' THE MINCE

Meanwhile, place the **beef mince** in a medium bowl and add the **plain flour, garlic and spring onion**. Break the **beef mince** up with a wooden spoon and stir to coat it in the **plain flour**.

This technique of coating your meat in flour prior to cooking is called 'velveting'. It maintains the moisture of the mince while cooking and provides a soft or 'velvety' texture.



4 COOK THE CHOW MEIN

Heat the **olive oil** in a large wok or frying pan over a high heat. Add the **brown onion** and **coriander** stalks and cook for **4-5 minutes**, or until softened. Add the **beef mince** mixture and **mild curry powder** and cook for **7-8 minutes**, breaking the mince up with a wooden spoon until browned and cooked through. Add the **carrot** and **Asian greens** and cook for **2-3 minutes**, or until the carrot has softened.



5 MAKE IT SAUCY

Add the **Hokkien noodles, oyster sauce and salt-reduced soy sauce** to the pan and cook for **2-3 minutes** to heat through.



6 SERVE UP

Divide the beef Chow Mein between bowls and top with the **coriander** leaves.

Enjoy!

4-5 PEOPLE — INGREDIENTS

	4-5P
garlic 🌱	2 cloves
spring onion	1 bunch
brown onion	1
coriander	1 bunch
carrot	2
Asian greens	1 bunch
Hokkien noodles	1 packet (370g)
beef mince	1 packet
plain flour*	1 tbs
olive oil*	3 tsp
mild curry powder	½ sachet (2 tsp)
oyster sauce	1 tub (3 tbs)
salt-reduced soy sauce*	1 tbs

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2030	446
Protein (g)	36.5	8
Fat, total (g)	13.6	3
- saturated (g)	4.3	0.9
Carbohydrate (g)	49.4	10.8
- sugars (g)	12.2	2.7
Sodium (mg)	1280	280

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