



Nan's Chicken & Creamy Pesto Sauce

with Garlic Veggies & Potato Mash

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Garlic



Chicken Breast



Nan's Special Seasoning



Pure Cream



Basil Pesto

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

 Eat me early

What's a quick and easy way to bring a rich, traditional flavour to a dish? Add our much-loved Nan's special seasoning! Use it to coat chicken breast, then add a creamy basil pesto sauce and mashed potato for a dish that's all kinds of yum.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	1 head	2 heads
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
pure cream	½ bottle (150ml)	1 bottle (300ml)
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4210kJ (1010Cal)	591kJ (141Cal)
Protein (g)	50.9g	7.1g
Fat, total (g)	70.5g	9.9g
- saturated (g)	33.6g	4.7g
Carbohydrate (g)	37.5g	5.3g
- sugars (g)	10.4g	1.5g
Sodium (mg)	888mg	125mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.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 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 saucepan of 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** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add **1/2 the chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate and cover to keep warm. Repeat with the **remaining chicken**.

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



2. Get prepped

While the potato is cooking, thinly slice the **carrot** (unpeeled) into batons. Cut the **broccoli** into small florets, then roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **Nan's special seasoning** and a **drizzle of olive oil**. Add the **chicken** and toss to coat.



5. Make the creamy pesto sauce

Wash the frying pan and return to a medium-high heat. Add the **pure cream (see ingredients list)**, **basil pesto** and any **chicken resting juices**. Stir to combine and simmer until slightly thickened, **5-6 minutes**. Season to taste with **salt** and **pepper**.



3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot**, **broccoli** and a **splash of water** and cook until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add a **pinch of salt** and **pepper** and toss to combine. Transfer to a plate and cover to keep warm.



6. Serve up

Divide the mash, Nan's chicken and garlic veggies between plates. Spoon the creamy pesto sauce over the chicken.

Enjoy!