



# Pan-Seared Chicken & Creamy Dill Sauce

with Mashed Potato & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Dill



Chicken Breast



Longlife Cream



Vegetable Stock Powder

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

 Eat me early

We've paired succulent chicken with a creamy dill sauce to keep things super simple tonight. With a delicious mash and crisp veggies as the perfect sidekicks, you've got a classic meal that's easy to love.

### 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
carrot	1	2
garlic	3 cloves	6 cloves
dill	1 bunch	1 bunch
chicken breast	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 sachet	1 sachet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3610kJ (862Cal)	524kJ (125Cal)
Protein (g)	48.9g	7.1g
Fat, total (g)	56.3g	8.2g
- saturated (g)	31.8g	4.6g
Carbohydrate (g)	35.3g	5.1g
- sugars (g)	8.8g	1.3g
Sodium (mg)	714mg	104mg

## 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 potato 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 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**, then mash with a potato masher or fork until smooth. Cover to keep warm.



## Get prepped

While the potato is cooking, cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Finely chop the **dill**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



## Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **broccoli, carrot** and a splash of **water** and cook, tossing, until just tender, **5-6 minutes**. Add 1/2 the **garlic** and cook, tossing, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and 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**. When the oil is hot, cook the **chicken** 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.*



## Make the creamy dill sauce

Return the frying pan to a low heat with a drizzle of **olive oil**. Add the remaining **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **vegetable stock powder, dill** and any **chicken resting juices** and cook until warmed and infused with dill flavour, **1-2 minutes**. Season to taste.



## Serve up

Slice the chicken. Divide the mashed potato, chicken and garlic veggies between plates. Spoon over the creamy dill sauce.

## Enjoy!