



Seared Chicken & Herb Brown Butter Sauce

with Dijon Mash & Steamed Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Baby Broccoli



Garlic



Herbs



Lemon



Dijon Mustard



Chicken Breast



Herb & Mushroom Seasoning

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Hands-on: **20-30 mins**
Ready in: **30-40 mins**



Eat Me Early



Calorie Smart

Nostalgia is the secret ingredient here. Steamed veggies and buttery, mustard mashed potato, it's a homey-style meal that warms you up from the inside. The superstar of this dish is the seasoned chicken cooked in garlic and herbs. Sit down and enjoy this meal with family and friends or your own wonderful company, either way it's sure to make you smile with the first bite.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
lemon	½	1
Dijon mustard	1 packet (15g)	2 packets (30g)
milk*	2 tbs	¼ cup
butter* (for the mash)	20g	40g
chicken breast	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2636kJ (630Cal)	444kJ (106Cal)
Protein (g)	42.1g	7.1g
Fat, total (g)	32g	5.4g
- saturated (g)	18.2g	3.1g
Carbohydrate (g)	42.9g	7.2g
- sugars (g)	17.1g	2.9g
Sodium (mg)	802mg	135mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a medium saucepan of salted water to the boil. Peel **potato**, then cut into large chunks. Cut **carrot** into thin sticks. Trim **baby broccoli**. Finely chop **garlic**. Pick and thinly slice **herbs**. Slice **lemon** into wedges.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the veggies

Cook **potato** in boiling water for **12-15 minutes**. When the potato has **7-8 minutes** cook time remaining, place a colander or steamer basket on top of the saucepan, then add **carrot** and **baby broccoli**. Cover with a lid and steam until veggies are tender and potato can be easily pierced with a fork. Transfer **carrot** and **baby broccoli** to a medium bowl, season to taste and cover to keep warm. Drain **potato**, then return to the saucepan. Add **Dijon mustard**, the **milk** and **butter (for the mash)**. Mash until smooth. Season with **salt** and **pepper** and cover to keep warm.



Season the chicken

While the veggies are cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **herb & mushroom seasoning** and a drizzle of **olive oil**. Add **chicken** and turn to coat.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **chicken** until browned, **2-3 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken will finish cooking in step 5!



Add the sauce

Add **butter (for the sauce)** to the pan and cook for **2-3 minutes** or until beginning to brown. Add **garlic** and **herbs** and cook until fragrant, **1-2 minutes**. Remove the pan from heat, then add a squeeze of **lemon juice**. Season and turn chicken to coat.

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



Serve up

Divide Dijon mash and steamed veggies between plates. Top with seared chicken and spoon over herb brown butter sauce. Serve with any remaining lemon wedges.

Enjoy!