

Sticky Apricot & Herbed Chicken

with Mashed Potato & Almond Veggies

Grab your Meal Kit with this symbol



Potato



Carrot



Baby Broccoli



Herbs



Garlic



Lemon



Chicken Breast



Apricot Sauce



Dijon Mustard



Flaked Almonds

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. 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

For tonight's dinner, we've enlisted the help of a lively glaze made with apricot sauce, Dijon mustard, honey and herbs: it coats each bite of tender chicken breast in sticky stone-fruit sweetness and even tastes great drizzled over the robust steamed veggies and mash. Go for your life!

Pantry items

Olive Oil, Butter, Milk, Honey

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
herbs	2 sticks	4 sticks
garlic	2 cloves	4 cloves
lemon	½	1
chicken breast	1 packet	1 packet
butter* (for the mash)	20g	40g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
apricot sauce	1 medium packet	1 large packet
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	½ tbs	1 tbs
flaked almonds	1 packet	2 packets
butter* (for the sauce)	15g	30g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2268kJ (542Cal)	387kJ (92Cal)
Protein (g)	41.3g	7.1g
Fat, total (g)	17.5g	3g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	53g	9.1g
- sugars (g)	27.1g	4.6g
Sodium (mg)	374mg	64mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato**, then cut into large chunks. Thinly slice the **carrot** into sticks. Trim the **baby broccoli** and halve lengthways. Pick and finely chop the **herb** leaves. Finely chop the **garlic**. Slice the **lemon** into wedges. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl and set aside.



Cook the veggies

Cook the **potato** in the boiling water until easily pierced with a fork, **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 the **carrot** and **baby broccoli**. Cover with a lid and steam until tender. Transfer the steamed **veggies** to a bowl and season. Cover to keep warm. Drain the **potato**, then return to the saucepan. Add the **butter (for the mash)**, the **milk** and the **salt**, then mash until smooth. Cover to keep warm.



Cook the chicken

Return the frying pan to a medium-heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Add the **garlic** and cook until fragrant, **1 minute**. Add the **apricot glaze** and cook, turning, until slightly reduced, **1-2 minutes**. Remove the pan from the heat, then add the **butter (for the sauce)** and turn to coat the chicken.

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



Make the apricot glaze

In a small bowl, combine the **apricot sauce**, **Dijon mustard**, the **honey**, **herbs**, a generous squeeze of **lemon juice**, a splash of **water** and a pinch of **salt**.



Serve up

Slice the sticky apricot and herbed chicken. Divide the mashed potato, steamed veggies and chicken between plates. Sprinkle the toasted almonds over the veggies. Pour any remaining glaze over the chicken. Serve with any remaining lemon wedges.

Enjoy!