



Aussie Chicken & Parmesan Mash

with Garlic Veggies & Creamy Pesto Sauce

Grab your Meal Kit
with this symbol



Potato



Grated Parmesan
Cheese



Carrot



Zucchini



Garlic



Chicken Breast



Aussie Spice
Blend



Light Thickened
Cream



Basil Pesto



Hands-on: **30-40 mins**
Ready in: **35-45 mins**



Eat Me Early



Naturally Gluten-Free
Not suitable for coeliacs

Succulent chicken breast gets a boost of flavour with our popular Aussie spice blend! Serve up a side of creamy, cheesy mash plus garlicky veggies for a bright and tasty dinner that brings fun and flavour to the table.

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*	30g	60g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
light thickened cream	½ packet (75ml)	1 packet (150ml)
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665Cal)	401kJ (96Cal)
Protein (g)	50.2g	7.2g
Fat, total (g)	33.2g	4.8g
- saturated (g)	17.9g	2.6g
Carbohydrate (g)	39.2g	5.6g
- sugars (g)	13.2g	5.6g
Sodium (mg)	1013mg	146mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the Parmesan mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk**, the **salt** and **grated Parmesan cheese**. Mash until smooth. Cover to keep warm.

2



Get prepped

While the potato is boiling, slice the **carrots** into thin sticks. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic**. Place your hand flat on top of each **chicken breast** and slice horizontally through to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and toss to coat.

3



Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot** and **zucchini** until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** and toss to combine. Transfer to a plate and cover to keep warm.

4



Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **chicken steaks**, in batches, until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate.

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

5



Make the creamy pesto sauce

Return the frying pan to a medium heat. Add the **light thickened cream** (see ingredients), **basil pesto** and any resting juices from the **chicken**. Stir to combine and simmer until slightly thickened, **1-2 minutes**. Season to taste.

6



Serve up

Divide the Parmesan mash, Aussie chicken and garlic veggies between plates. Spoon over the creamy pesto sauce to serve.

Enjoy!