

# Roasted Herby Chicken & Creamy Black Garlic Sauce

with Bacon Greens & Parmesan Mash

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Asparagus



Sugar Snap Peas



Black Garlic



Rosemary



Oregano



Macadamias



Chicken Breast



Diced Bacon




Light Cooking Cream



Chicken Stock

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

 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me early

Long after you've finished this meal, you're going to remember the way it was beautifully tied together with the creamiest black garlic sauce. It's unique sweet, savoury and umami-packed flavour works wonderfully with succulent chicken and a side of delicious bacon greens.

### 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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet	2 packets
asparagus	1 bunch	2 bunches
sugar snap peas	1 bag (100g)	1 bag (200g)
black garlic	1 tub	2 tubs
rosemary	½ bunch	1 bunch
oregano	1 bunch	1 bunch
macadamias	1 packet	2 packets
chicken breast	1 small packet	1 large packet
diced bacon	1 packet	1 packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
chicken stock	½ cube	1 cube

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3978kJ (950Cal)	556kJ (132Cal)
Protein (g)	58.1g	8.1g
Fat, total (g)	64.6g	9g
- saturated (g)	32.3g	4.5g
Carbohydrate (g)	35.5g	5g
- sugars (g)	9.5g	1.3g
Sodium (mg)	1293mg	181mg

## Allergens

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

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

## Fancy a Drop?

We recommend pairing this meal with Pinot Noir or Chardonnay



## Cook the potato

Preheat the oven to **200°C/180°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter, milk** and the **salt**, then mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese**. Cover to keep warm.



## Get prepped

While the potato is cooking, trim the ends of the **asparagus** and the **sugar snap peas**. Peel the **black garlic**. In a small bowl, mash the **black garlic** with a fork until smooth. Pick and finely chop the **rosemary** (see ingredients) and **oregano**. Roughly chop the **macadamias**.



## Cook the chicken

On a plate, combine the chopped **herbs** and a generous pinch of **salt** and **pepper**. Drizzle the **chicken** with **olive oil**. Press the **chicken breast** into the **herb mixture** to coat. Heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **chicken** until browned, **1-2 minutes** each side. Carefully transfer the **chicken** to an oven tray lined with baking paper and bake until cooked through, **8-12 minutes** (depending on thickness).

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



## Cook the bacon & greens

While the chicken is baking, return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon** until golden, **2-3 minutes**. Add the **asparagus** and **macadamias** and cook until **asparagus** has softened, **3-4 minutes**. Add the **sugar snap peas** and cook until softened, **1-2 minutes**. Season with **pepper**. Transfer to a plate.



## Cook the black garlic sauce

Return the frying pan to a low heat. Add the **black garlic**, **light cooking cream** and crumbled **chicken stock** (1/2 cube for 2 people / 1 cube for 4 people). Simmer until thickened, **1-2 minutes**.



## Serve up

Slice the roasted herby chicken. Divide the Parmesan mash between plates and top with the chicken. Pour the black garlic sauce over the chicken and serve with the bacon greens.

Enjoy!