



# Nan's Chicken & Creamy Pesto Sauce

with Garlic Veggies & Potato Mash

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli



Garlic



Chicken Breast



Nan's Special Seasoning




Pure Cream



Basil Pesto

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

 Eat me early

What's a quick and easy way to bring a rich, traditional flavour to a dish? Add our much-loved Nan's special seasoning! Use it to coat chicken breast, then add a creamy basil pesto sauce and mashed potato for a dish that's all kinds of yum.

### 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
carrot	1	2
broccoli	1 head	2 heads
garlic	1 clove	2 cloves
chicken breast	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
pure cream	½ bottle (150ml)	1 bottle (300ml)
basil pesto	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4210kJ (1010Cal)	591kJ (141Cal)
Protein (g)	50.9g	7.1g
Fat, total (g)	70.5g	9.9g
- saturated (g)	33.6g	4.7g
Carbohydrate (g)	37.5g	5.3g
- sugars (g)	10.4g	1.5g
Sodium (mg)	888mg	125mg

## Allergens

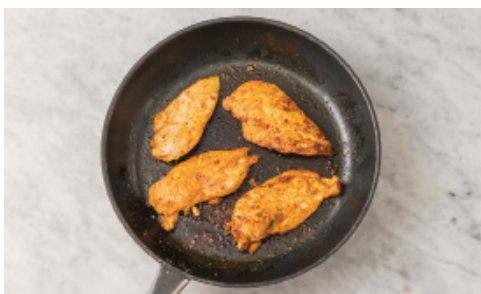
Always read product labels for the most up-to-date allergen information.

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



## 1. Make the 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 saucepan of 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** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



## 4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add **1/2 the chicken** and cook until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate and cover to keep warm. Repeat with the **remaining chicken**.

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



## 2. Get prepped

While the potato is cooking, thinly slice the **carrot** (unpeeled) into batons. Cut the **broccoli** into small florets, then roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **Nan's special seasoning** and a **drizzle of olive oil**. Add the **chicken** and toss to coat.



## 5. Make the creamy pesto sauce

Wash the frying pan and return to a medium-high heat. Add the **pure cream (see ingredients list)**, **basil pesto** and any **chicken resting juices**. Stir to combine and simmer until slightly thickened, **5-6 minutes**. Season to taste with **salt** and **pepper**.



## 3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot**, **broccoli** and a **splash of water** and cook until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add a **pinch of salt** and **pepper** and toss to combine. Transfer to a plate and cover to keep warm.



## 6. Serve up

Divide the mash, Nan's chicken and garlic veggies between plates. Spoon the creamy pesto sauce over the chicken.

**Enjoy!**