



PAN-FRIED CHICKEN BREAST

with Sweet Potato Mash and Peppercorn Sauce



HELLO SWEET POTATO

The sweet potato is thought to be over 5,000 years old!



Sweet Potato



Broccoli



Black Peppercorns



Chicken Breast



Chicken Stock Powder



Soured Cream

MEAL BAG
GFI

Hands on: **30** mins
Total: **40** mins

2 of your
5 a day

Family Box

You should never underestimate the power of a good sauce, and this recipe is a case in point. Teaming creamy peppercorn sauce with crispy pan-fried chicken and sweet potato mash is a flavour combination that takes this simple dish to the next level. When we discovered how easy it was to make, we started looking for ways to use it at every opportunity - we think you'll start doing the same!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Peeler**, **Pestle and Mortar**, some **Baking Paper**, two **Baking Trays**, some **Clingfilm**, a **Frying Pan**, **Measuring Jug**, **Colander** and **Potato Masher**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 180°C and put a large saucepan of water with a pinch of salt on to boil for the sweet potato. Peel the **sweet potato** and chop into roughly 2cm cubes. Separate the **broccoli** into florets (little trees). Crush the **black peppercorns** in a pestle and mortar. **★ TIP:** *If you don't have a pestle and mortar you can put them in a freezer bag and whack them with a rolling pin!*



2 COOK THE VEGGIES

Add the **sweet potato** to the pan of boiling water and cook until you can easily slip a knife through, 15-20 mins. Pop the **broccoli** on a lined baking tray. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Roast on the top shelf of your oven until crispy, 15-20 mins.



3 BASH THE CHICKEN

Meanwhile, sandwich the **chicken breasts** between two sheets of clingfilm. Bash the **chicken** with a rolling pin or the base of a saucepan until each **breast** is just under 1cm thick all over. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



4 FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with a good pinch of **salt** and **pepper**. Once hot, lay the **chicken** in the pan and fry until cooked through, 5-6 mins on each side. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Once cooked, transfer to another baking tray and keep it warm in the oven. **★ TIP:** *Don't wash your pan as we'll use it to make the sauce later.*



5 MASH THE POTATO

When the **sweet potato** is soft, reserve some of its cooking **water** (see ingredients for amount) in a measuring jug, then drain the **sweet potato** in a colander and pop it back in the pan. Mash with a potato masher until smooth, adding a knob of **butter** (if you have some), along with a pinch of **salt** and **pepper**. Cover with a lid to keep warm.



6 MAKE THE SAUCE

Put your now empty frying pan on medium-high heat. Add the reserved **water**. Stir in the **stock powder** and **crushed peppercorns**. Simmer until reduced by half, 5 mins, stirring to get the yummy bits from the bottom of the pan. Take off the heat and mix in the **soured cream**. Slice the **chicken** and serve with the **sweet potato mash**, roasted **broccoli** and a drizzle of **peppercorn sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1	2	2
Broccoli *	1	1½	2
Black Peppercorns	½ pot	¾ pot	1 pot
Chicken Breast *	2	3	4
Reserved Sweet Potato Water*	100ml	150ml	300ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Soured Cream 7) *	½ pot	¾ pot	1 pot

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 668G	PER 100G
Energy (kJ/kcal)	2500 / 598	374 / 90
Fat (g)	14	2
Sat. Fat (g)	7	1
Carbohydrate (g)	71	11
Sugars (g)	21	3
Protein (g)	49	7
Salt (g)	0.98	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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