



Chicken in Creamy Peppercorn Sauce with Mash and Roasted Carrots

Calorie Smart

35-40 Minutes • 2 of your 5 a day • Under 650 Calories

27



Carrot



Potatoes



British Chicken Breasts



Garlic Clove



Cracked Black Pepper



Cider Vinegar



Chicken Stock Paste



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, frying pan, garlic press, aluminium foil, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Garlic Clove**	1	1	2
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Cider Vinegar 14)	15ml	15ml	30ml
Chicken Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	639g 2287 /547	100g 358 /86
Fat (g)	16.9	2.7
Sat. Fat (g)	8.7	1.4
Carbohydrate (g)	58.0	9.1
Sugars (g)	13.0	2.0
Protein (g)	46.1	7.2
Salt (g)	1.47	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Roast the Carrots

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with $\frac{1}{2}$ tsp salt to the boil for the **potatoes**.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons, then pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, pushing slightly to one side.

When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



Make your Peppercorn Sauce

When the **chicken** has 5 mins remaining, wipe out your (now empty) frying pan and return to medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and cook until fragrant, 30 secs, then stir in the **cracked black pepper** and **cider vinegar**. Allow the **vinegar** to evaporate, 30 secs.

Stir in the **chicken stock paste** and **water for the sauce** (see pantry for amount) and allow it to reduce by about half, 2-3 mins.

Reduce the heat, then stir in the **creme fraiche** and simmer until slightly thickened, 1-2 mins. Remove from the heat.



Boil the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer).

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Time to Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side. Meanwhile, peel and grate the **garlic** (or use a garlic press).

Once browned, lay the **chicken** on the other side of the **carrot** tray and roast on the top shelf until golden and cooked through, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Finish and Serve

When everything's ready, slice the **chicken** widthways into 2cm thick slices and share between your plates.

Spoon over the **peppercorn sauce** (reheat first if needed and add a splash of **water** if it's a little thick).

Serve the **mash** and **carrots** alongside.

Enjoy!