

Quick Chicken and Pesto Cream Sauce

with Mashed Potatoes and Cavolo Nero

Quick 25 Minutes

12



Skin-On British Chicken Breasts



Potatoes



Garlic Clove



Chopped Cavolo Nero



Chicken Stock Paste



Creme Fraiche



Pesto



On the table in less than 25 minutes, this Quick Chicken and Pesto Cream Sauce is quick but still full of flavour. Part of the leafy kale family, cavolo nero (which translates as 'black cabbage' is characterised by its intensely dark green leaves. Originating from Tuscany, this nutrient-rich green is a go-to in Italian cuisine for its versatility and unique flavour.

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools

Kettle, frying pan, baking tray, saucepan, colander, lid, garlic press and potato masher.

Ingredients

Ingredients	2P	3P	4P
Skin-On British Chicken Breasts**	2	3	4
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Chopped Cavolo Nero**	100g	150g	200g
Chicken Stock Paste	10g	15g	20g
Crema Fraiche** 7)	75g	120g	150g
Pesto** 7)	32g	48g	64g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Butter*	15g	20g	30g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2901/693	524/125
Fat (g)	36.3	6.6
Sat. Fat (g)	15.9	2.9
Carbohydrate (g)	50.3	9.1
Sugars (g)	4.5	0.8
Protein (g)	46.8	8.4
Salt (g)	1.98	0.36

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

Allergens

7) Milk

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 Chicken

- Preheat your oven to 240°C/220°C fan/gas mark 9. Boil a full kettle.
- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, lay the **chicken** into the pan, skin-side down. Season with **salt** and **pepper**.
- Fry until golden, 3-4 mins, then turn and cook for 1 min on the other side.
- Transfer to a baking tray, skin-side up, then roast on the top shelf of your oven until 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.



Make the Pesto Sauce

- Return the (now empty) frying pan to medium heat with a drizzle of **oil**.
- Once hot, add the **garlic** to the pan. Fry for 1 min.
- Add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Stir and bring to the boil, then simmer until slightly reduced, 2 mins.
- Stir through the **creme fraiche** and **pesto**, then remove from the heat.



Potato Time

- Meanwhile, fill a large saucepan with the **boiling water** and $\frac{1}{2}$ **tsps salt** and pop on high heat.
- Chop the **potatoes** into 2cm chunks (no need to peel) and add to the pan.
- Cook until you can easily slip a knife through, 12-15 mins.
- Once cooked, drain well in a colander and return to the pan, off the heat. Cover with a lid to keep warm.



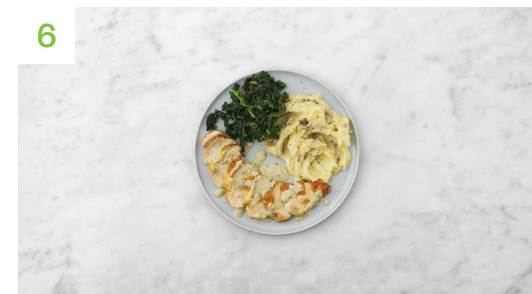
Finishing Touches

- When the **chicken** is almost cooked, reheat the **sauce** if needed. Add a splash of **water** if it's a little thick.
- 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 with **salt** and **pepper**. Cover with a lid to keep warm.



Finish the Prep

- While the **potatoes** cook, peel and grate the **garlic** (or use a garlic press).
- Spread the **cavolo nero** out on a baking tray, drizzle with **oil**, and season with **salt** and **pepper**. **TIP:** Remove any tough stalks from the cavolo nero.
- Bake the **cavolo nero** on the middle shelf until crispy, 6-8 mins.



Serve Up

- Slice the **chicken** widthways and transfer to your plates.
- Serve your **mashed potatoes** and **roasted cavolo nero**.
- Spoon the **creamy pesto sauce** over the **chicken** to finish.

Enjoy!