



Spinach & Fetta Stuffed Chicken

with Roasted Sweet Potatoes, Salad & Tomato Relish

SKILL UP

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Garlic



Carrot



Lemon Pepper Seasoning



Baby Spinach Leaves



Fetta Cubes



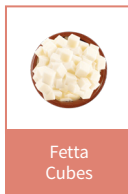
Chicken Breast



Mixed Salad Leaves



Tomato Relish



Fetta Cubes

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Reduced

Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. The humble chicken breast is the ideal ingredient to explore fancy flavours and test out new techniques in the kitchen! Learn how to create a rich and creamy spinach filling to pair with moist, succulent chicken breast.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	½	1
garlic	2 cloves	4 cloves
carrot	1	2
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
tomato relish	1 medium packet	2 medium packets
fetta cubes**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1961kJ (469Cal)	333kJ (80Cal)
Protein (g)	45.7g	7.8g
Fat, total (g)	11.3g	1.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	45.3g	7.7g
- sugars (g)	26.3g	4.5g
Sodium (mg)	873mg	148mg
Dietary Fibre (g)	12g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2101kJ (502Cal)	350kJ (84Cal)
Protein (g)	48g	8g
Fat, total (g)	14.1g	2.3g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	45.4g	7.6g
- sugars (g)	26.4g	4.4g
Sodium (mg)	1085mg	181mg
Dietary Fibre (g)	12g	2g

The quantities provided above are averages only.

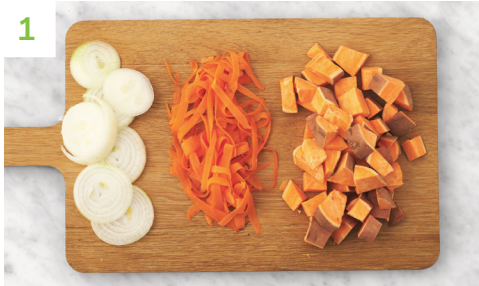
Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Thinly slice **brown onion** (see ingredients).
- Finely chop **garlic**.
- Using a vegetable peeler, peel **carrot** into ribbons.
- In a small bowl, combine **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt**.



Bake the chicken

- Place your hand flat on top of each **chicken breast** and slice horizontally, without cutting all the way through. Rub **chicken** with **lemon pepper mixture**.
- Open up **chicken breast** and fill with **spinach** and **fetta mixture**. Close **chicken** and secure with toothpicks or cooking twine. Transfer to a second lined oven tray.
- Bake **chicken** for **16-18 minutes**, or until cooked through.

TIP: If you don't have toothpicks or twine, just be extra careful when you handle the chicken.

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



Roast the sweet potatoes

- Place **sweet potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.



Toss the salad

- In a medium bowl, combine **carrot** ribbons, **mixed salad leaves** and a drizzle of **olive oil** and **vinegar**. Season to taste.



Cook the filling

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion** stirring, until tender, **4-5 minutes**. Add **baby spinach leaves** and **garlic** and cook, until wilted and fragrant, **1 minute**.
- Transfer to a bowl. Crumble in **fetta cubes** and mix to combine. Season to taste.

Custom Recipe: If you've doubled your fetta cubes, crumble extra fetta in as above.



Serve up

- Slice chicken.
- Divide spinach and fetta stuffed chicken, roasted sweet potatoes and salad between plates.
- Serve with **tomato relish**. Enjoy!

Rate your recipe

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