

# Spinach & Fetta Stuffed Chicken

with Roasted Sweet Potatoes, Salad & Tomato Relish

SKILL UP












MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

42



-   
Sweet Potato
-   
Brown Onion
-   
Garlic
-   
Carrot
-   
Mixed Salad Leaves
-   
Baby Spinach Leaves
-   
Fetta Cubes
-   
Chicken Breast
-   
Tomato Relish
-  +  
Chicken Breast
-  +  
Fetta Cubes

Prep in: 25-35 mins  
Ready in: 35-45 mins

Calorie Smart

Protein Rich

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.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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 sachet	2 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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
tomato relish	1 packet	2 packets

\*Pantry Items

## Nutrition

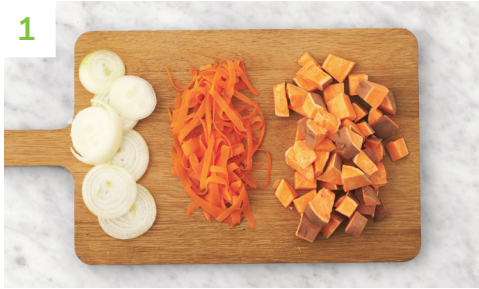
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1964kJ (469cal)	201kJ (48cal)
Protein (g)	45.6g	4.7g
Fat, total (g)	11.3g	1.2g
- saturated (g)	3.4g	0.3g
Carbohydrate (g)	45.9g	4.7g
- sugars (g)	26.3g	2.7g
Sodium (mg)	845mg	86.4mg
Dietary Fibre (g)	11.4g	1.2g

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



## 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 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**, 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### DOUBLE FETTA CUBES

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

