



# FETTA & ALMOND STUFFED CHICKEN

with Sweet Potato Fries



Stuff a chicken breast



Sweet Potato



Fetta Cheese



Slivered Almonds



Free-Range Chicken Breast



Baby Spinach Leaves

*Pantry Staples*



Balsamic Vinegar



Olive Oil

Hands-on: **20** mins  
Ready in: **45** mins

Eat me early

It only takes a few tricks to transform this chicken breast into a little parcel of joy stuffed with fetta, slivered almonds and baby spinach. Once you've mastered it, you can kiss dry and bland chicken goodbye forever!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, small bowl, spoon, paper towel, toothpicks, large frying pan** and **tongs**.



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **sweet potato** (unpeeled) into 1 cm fries.



### 2 BAKE THE SWEET POTATO FRIES

Place the **sweet potato** fries on the oven tray lined with baking paper. Toss with a **drizzle** of **olive oil** and season with a **pinch** of **salt** and **pepper**. Bake in the oven for **20-25 minutes**, or until tender and golden.



### 3 STUFF THE CHICKEN

While the sweet potato is cooking, crumble the **fetta cheese** into a small bowl and stir through the **slivered almonds**. Pat the **free-range chicken breast** dry with paper towel and, using a sharp knife, cut a deep horizontal slit into the side of each chicken breast (don't slice all the way through). Stuff the chicken breast with a spoonful of the **fetta mixture** and a small handful of **baby spinach leaves**. Secure the chicken breast shut using two toothpicks. **TIP:** If you don't have toothpicks on hand, don't worry, just be careful when flipping the chicken in step 4.



### 4 BROWN THE CHICKEN

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **chicken** and cook for **2 minutes** on each side, or until lightly browned.



### 5 FINISH THE CHICKEN IN THE OVEN

Transfer the **chicken** to the second oven tray lined with baking paper and cook in the oven for a further **10-15 minutes**, or until cooked through. Remove from the oven and pull out the toothpicks.



### 6 SERVE UP

Dress the remaining baby spinach leaves with a **drizzle** of **olive oil** and **balsamic vinegar**. Divide the feta and almond stuffed chicken, the sweet potato fries and the dressed baby spinach leaves between plates. Spoon any leftover tray juices over the chicken.

ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
fetta cheese ☺	1 block (50 g)	2 blocks (100 g)
slivered almonds	2 packets (4 tbs)	4 packets (8 tbs)
free-range chicken breast	2 fillets	4 fillets
baby spinach leaves	1 bag	2 bags
balsamic vinegar*	1 tsp	2 tsp

\*Pantry Items | ☺ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	610kJ (146Cal)
Protein (g)	50.3g	10.8g
Fat, total (g)	38.8g	8.3g
- saturated (g)	9.4g	2.0g
Carbohydrate (g)	29.5g	6.4g
- sugars (g)	12.1g	2.6g
Sodium (g)	416mg	90mg

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hello@hellofresh.com.au

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