



# Leek & Fetta Chicken

with Rosemary Roasted Sweet Potato & Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Leek



Green Beans



Carrot



Fetta



Chilli Flakes (Optional)



Chicken Breast



Baby Spinach Leaves

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Low Calorie

Spicy (optional chilli flakes)

Eat me early

Now this is flavour with a capital F! Leek and fetta bake beautifully to create a crusty topping for tender chicken, while sweet potato chunks are roasted with rosemary and olive oil. It's a nutritionally balanced meal that tastes as good as it looks.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper  
Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
rosemary	1 bunch	1 bunch
leek	1	2
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
fetta	1 block (50g)	1 block (100g)
chilli flakes (optional)	pinch	pinch
chicken breast	1 small packet	1 large packet
baby spinach leaves	1 bag (60g)	1 bag (120g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2226kJ (532Cal)	352kJ (84Cal)
Protein (g)	43.9g	6.9g
Fat, total (g)	20.3g	3.2g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	37.8g	6g
- sugars (g)	20g	3.2g
Sodium (mg)	475mg	75mg

## Allergens

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

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



### 1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Pick the **rosemary** leaves and finely chop. Place the **sweet potato** and **rosemary** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast on the top rack until tender, **20-25 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



### 2. Get prepped

While the sweet potato is roasting, thinly slice the **leek**. Trim the **green beans** and slice in half. Thinly slice the **carrot** (unpeeled) into half-moons.



### 3. Pan-fry the leek

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **leek** and cook until softened, **4-5 minutes**. Remove from the heat, crumble in the **fetta**, add a **pinch** of **chilli flakes** (if using) and stir to combine. Season with a **pinch** of **salt** and **pepper**.



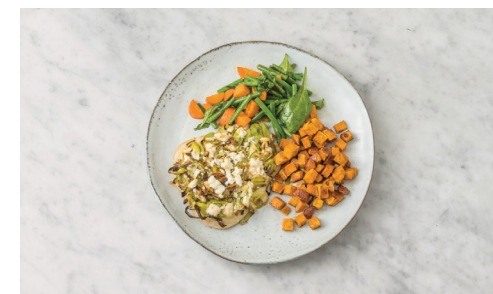
### 4. Bake the chicken

Place your hand flat on top of each **chicken breast** and cut through horizontally, without slicing all the way through. Open the **chicken** up like a book. Rub the **chicken** with a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Transfer the **chicken** to a second oven tray lined with baking paper and top with the **leek** and **fetta mixture**. Bake until the **chicken** is cooked through, **6-10 minutes**.



### 5. Cook the veggies

When the chicken has **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and **carrot** and cook, tossing, until tender, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**.



### 6. Serve up

Divide the leek and fetta chicken, rosemary sweet potato and the veggies between plates.

**Enjoy!**