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WK02  
2017



## Spinach & Fetta Chicken with Sweet Potato Mash

Moist, succulent chicken is the perfect vessel for this creamy spinach & fetta mixture. Akin to a Chicken Kiev, only far less processed & far more delicious. Friends & family alike will love this dish if only for the sweet potato mash! This dish is classic comfort food, enjoyed from the comfort of your own home.



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



eat me  
first



low sodium

### Pantry Items



Olive Oil



Butter



Free Range  
Chicken Breast



Baby Spinach  
Leaves



Fetta Cheese



Garlic



Sweet Potato

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2P	4P	Ingredients
2 fillets	4 fillets	free range chicken breast
½ bag	1 bag	baby spinach leaves, washed
1 block	2 blocks	fetta cheese, crumbled
2 tsp	1 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
400 g	800 g	sweet potato, peeled & cut into 2 cm pieces
1 tbs	2 tbs	butter *

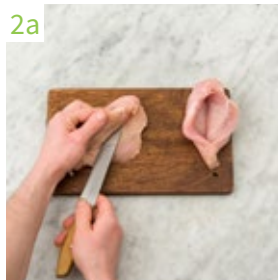
⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

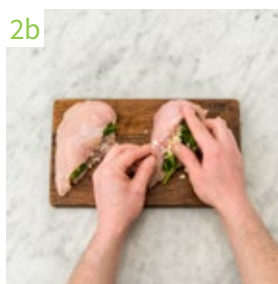
Energy	2270	Kj
Protein	47.2	g
Fat, total	25.5	g
-saturated	11.3	g
Carbohydrate	29.1	g
-sugars	11.5	g
Sodium	442	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, toothpicks, large saucepan, colander, potato masher or fork, medium ovenproof frying pan, tongs and aluminium foil.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Use a sharp knife to cut a deep horizontal slit into the side of each of the **chicken breast fillets** (don't slice all the way through). Stuff with a small handful of the **baby spinach leaves** (the remaining spinach will be used as a side salad) and the crumbled **fetta cheese**. Secure each breast with two toothpicks if you have them (if you don't have toothpicks just be careful when you're flipping the chicken in the pan).



**3** Combine the **olive oil** and **garlic** and rub all over the chicken breasts. Season with **salt** and **pepper** and set aside while you get the **sweet potato** ready.

**4** Place the sweet potato in a large saucepan of cold water, bring to the boil and cook for **10 minutes**, or until tender. Drain and return back to the saucepan. Add the **butter** and a good season of salt and pepper. Mash with a potato masher or fork until smooth.

**5** Meanwhile, heat a medium ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side, or until lightly browned. Transfer to the oven and cook for a further **10 minutes**, or until cooked through. Remove from the oven and cover with foil to keep warm. Set aside for **5 minutes**.

**Tip:** If you don't have an ovenproof frying pan simply transfer the chicken to a lined oven tray after pan-frying as instructed.

**6** To serve, remove the toothpicks from the chicken and serve alongside the sweet potato mash and the remaining baby spinach leaves.

