

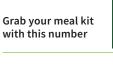
Cheesy Stuffed Chicken & Butter Crushed Potatoes

with Apple Salad & Balsamic Dressing

SKILL UP

NEW

CLIMATE SUPERSTAR







39









Chicken Breast

Baby Leaves





Shredded Cheddar

Nan's Special Seasoning

Cheese



Mixed Salad

Leaves

Balsamic & Olive Oil Dressing



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early



Protein Rich

Time to unleash your inner chef! This chicken breast is hiding a delicious secret, can you guess what it is? Slice it open to reveal the gooey centre, a mouthwatering mix of spinach, onion and lots of molten Cheddar cheese. Paired with crushed potatoes drizzled in a decadent garlic butter, this meal ticks all the boxes!

Pantry items Olive Oil, Butter

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
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
butter*	20g	40g
onion	1/2	1
apple	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 small packet	1 medium packet
shredded Cheddar cheese	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
balsamic & olive oil dressing	1 medium packet	2 medium packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2517kJ (602cal)	248kJ (59cal)
Protein (g)	50.4g	5g
Fat, total (g)	26.2g	2.6g
- saturated (g)	12g	1.2g
Carbohydrate (g)	47g	4.6g
- sugars (g)	24g	2.4g
Sodium (mg)	920mg	90.6mg
Dietary Fibre (g)	8g	0.8g

The quantities provided above are averages only.

Allergens

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

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



Roast the potatoes

- Preheat oven to 240°C/220°C.
- · Cut potato into bite-sized chunks. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until just tender, 18-20 minutes.
- While the potatoes are roasting, finely chop garlic. In a small microwave-safe bowl, microwave the **butter** and half the **garlic** in 10 second bursts, until melted. Season with salt and pepper, then set aside.
- Lightly crush the semi-roasted potatoes on the tray. Drizzle with melted garlic butter and return to oven to roast until golden, 8-10 minutes.



Get prepped

- · Meanwhile, roughly chop onion (see ingredients). Thinly slice apple into wedges.
- Place your hand flat on top of each **chicken breast** and slice horizontally, without cutting all the way through.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add **onion** and cook until tender, 4-5 minutes.
- Add remaining garlic and baby leaves and cook, until fragrant and leaves have slightly wilted, 1 minute.
- · Transfer to a bowl, add shredded Cheddar **cheese** and season with **salt** and **pepper**.



Stuff the chicken

- In a small bowl, combine Nan's special seasoning and a drizzle of olive oil. Place the **chicken** on a second lined oven tray lined and rub with **spice mixture**.
- · Open up chicken breast and fill with the cheese mixture and secure with toothpicks or cooking string/twine.

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



Bake the chicken

 Bake the chicken for 16-18 minutes, or until cooked through.

TIP: Cicken is cooked through when it's no longer pink inside.



Toss the salad

• Meanwhile, in a large bowl, combine apple, mixed salad leaves and balsamic & olive oil dressing. Season to taste.



Serve up

· Divide cheesy stuffed chicken, butter crushed potatoes and apple salad between plates to serve. Enjoy!

