

# Cheesy Stuffed Chicken & Butter Crushed Potatoes

## with Apple Salad & Balsamic Dressing

SKILL UP

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

39



Potato



Garlic



Onion



Apple



Chicken Breast



Baby Leaves



Shredded Cheddar Cheese



Nan's Special Seasoning



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Chicken Breast



Shredded Cheddar Cheese

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

 Calorie Smart

 Protein Rich

 Eat Me Early

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
onion	½	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



## 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**.



## Bake the chicken

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

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



## 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**.



## Toss the salad

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



## 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.



## Serve up

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

## CUSTOM OPTIONS



### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



### DOUBLE SHREDDED CHEDDAR CHEESE

Follow method above.

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

