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WK13
2016



Spinach & Fetta Stuffed Chicken with Sweet Potato Mash

Moist, succulent chicken is the perfect shell for this fetta and spinach mixture. Akin to a Chicken Kiev... Only far less processed and far more delicious. Friends and 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

 gluten free

 eat me early

Pantry Items



Olive Oil



Butter



Chicken Breast



Baby Spinach



Fetta Cheese



Sweet Potato



Garlic

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2P	4P	Ingredients
2 fillets	4 fillets	chicken breast
½ bag	1 bag	baby spinach, washed
½ block	1 block	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
2 tsp	1 tbs	butter *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2160	Kj
Protein	47	g
Fat, total	22.4	g
-saturated	9.4	g
Carbohydrate	29	g
-sugars	11.5	g
Sodium	428	mg

2a



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

2b



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.

2c



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 on a plate for **5 minutes**.

3



6 Remove the tooth picks from the chicken and serve alongside the sweet potato and the remaining baby spinach leaves.

Did you know? Spinach consumption increased by a massive 33% in the United States in the 1930's. Farmers credited this increase to the popularity of Popeye.