

Fetta & Semi-Dried Tomato Stuffed Chicken

with Root Veggie Toss & Herby Mayo

MEDITERRANEAN

KID FRIENDLY

Grab your meal kit with this number

39



Carrot



Potato



Zucchini



Semi-Dried Tomatoes



Fetta Cubes



Chicken Breast



Aussie Spice Blend



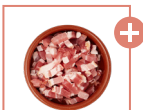
Baby Spinach Leaves



Dill & Parsley Mayonnaise



Fetta Cubes



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

Roast veggie tosses are the simplest and tastiest ways to get a good serving of veggies in. Today, this RVT is responsible for complementing a gorgeous fetta and semi-dried tomato-studded chicken number, bringing some Mediterranean flair to dinner!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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
carrot	1	2
potato	2	4
zucchini	1	2
semi-dried tomatoes	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2383kJ (388cal)	388kJ (63cal)
Protein (g)	48g	7.8g
Fat, total (g)	27.4g	4.5g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	31.9g	5.2g
- sugars (g)	10.8g	1.8g
Sodium (mg)	853mg	138.9mg
Dietary Fibre (g)	8.8g	1.4g

The quantities provided above are averages only.

Allergens

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

Visit 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 veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Lend a hand by helping to line the baking tray!

3



Bring it all together

- To the tray with roasted veggies, add **baby spinach leaves** and a drizzle of the **vinegar** and **olive oil**.
- Toss to combine and season to taste.

Little cooks: Take the lead by tossing the veggies. Careful, the tray is hot!

2



Bake the chicken

- Meanwhile, finely chop **semi-dried tomatoes**.
- In a small bowl, combine **tomatoes, fetta cubes** and the **honey**.
- Cut deep slices, taking care to not slice all the way through, across **chicken breast** in 1cm intervals.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, turning to coat.
- Place **chicken**, cut side up, on a second lined oven tray, then stuff with **tomato-fetta mixture**.
- Bake **chicken** until cooked through (when no longer pink inside), **12-16 minutes**.

4



Serve up

- Divide fetta and semi-dried tomato stuffed chicken and root veggie toss between plates.
- Top with **dill & parsley mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM
OPTIONS

+ **DOUBLE FETTA CUBES**
Follow method above.

+ **ADD DICED BACON**
Sprinkle over veggies in the last 6 minutes of cook time. Roast until golden.

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

