



# SPINACH & FETTA-STUFFED CHICKEN

with Sweet Potato Wedges & Dill-Parsley Mayo



Stuff chicken with spinach and feta



Sweet Potato



Garlic



Green Beans



Baby Spinach Leaves



Fetta



Chicken Breast



Lemon



Dill & Parsley Mayonnaise



Hands-on: **20** mins  
Ready in: **40** mins



Eat me early



Naturally gluten-free  
*Not suitable for Coeliacs*

Moist, succulent chicken is the perfect shell for this spinach and feta mixture. It's akin to a chicken Kiev, but has more veggies and is far more delicious. It's classic comfort food, enjoyed from the comfort of your own home.

**Pantry Staples:** Olive Oil, Honey



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper** • **medium frying pan**



### 1 BAKE THE WEDGES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1cm wedges. Place the sweet potato wedges onto the oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **generous pinch** of **salt** and **pepper**. Toss to coat and arrange in a single layer. Bake until tender, **30-35 minutes**. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time!



### 4 PREP THE GARLIC OIL

In a small bowl, combine the **garlic** and **1 tbs** of **olive oil**. Brush each stuffed **chicken breast** with the garlic oil and season with a pinch of **salt** and **pepper**. Bake the chicken until cooked through, **16-18 minutes**.

**TIP:** The chicken is cooked when it is no longer pink inside.



### 2 GET PREPPED

While the sweet potato is baking, finely chop the **garlic** (or use a garlic press). Trim the **green beans**. Roughly chop **1/2** the **baby spinach leaves**. In a small bowl, combine the chopped spinach and the crumbled **fetta**. Pat the **chicken breast** dry with a paper towel. Use a sharp knife to cut a deep horizontal slit into the side of each chicken breast, without slicing all the way through.



### 5 COOK THE GREEN BEANS

While the chicken is baking, cut the **lemon** into wedges. Combine **1 tbs** of **olive oil**, a **squeeze** of **lemon juice** and the **honey** in a small jug. Season to taste with a **pinch** of **salt** and **pepper**. Stir to combine and set aside. In the last **5 minutes** of the chicken cook time, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans** and cook until tender, **3-4 minutes**.



### 3 STUFF THE CHICKEN

Place the **chicken** on a second oven tray lined with baking paper. Stuff each chicken breast with the **spinach-fetta mixture**.

**TIP:** Secure the chicken breast shut using two toothpicks if you like. If you don't have toothpicks, just be extra careful when you handle the chicken.



### 6 SERVE UP

In a large bowl, toss together the green beans and the remaining baby spinach leaves. Drizzle with the honey-vinaigrette dressing. Divide the spinach and fetta-stuffed chicken and sweet potato wedges between plates. Serve with the **dill & parsley mayonnaise**, lemon wedges and the salad.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
garlic	2 cloves
green beans	1 bag (300 g)
baby spinach leaves	1 bag (60 g)
fetta	1 block (100 g)
chicken breast	1 packet
lemon	1
honey*	1 tsp
dill & parsley mayonnaise	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (679Cal)	530kJ (127Cal)
Protein (g)	48.4g	9.0g
Fat, total (g)	38.9g	7.3g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	32.7g	6.1g
- sugars (g)	14.4g	2.7g
Sodium (g)	469mg	88mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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