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hello@hellofresh.com.au | (02) 8188 8722

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Bacon Wrapped Chicken with Silverbeet & Tomatoes

Had a rough day? Put some bacon on it! We all know bacon makes everything a little bit better, which is why we've wrapped up this moist chicken breast in plenty of the crispy stuff. Let the cares of the day disappear as you wrap your lips around this perfect parcel.

 **Prep:** 10 mins
 **Cook:** 25 mins
 **Total:** 35 mins

 **level 1**
 **eat me first**
 **gluten free**

Pantry Items



Butter



Milk



Olive Oil



Balsamic Vinegar



Sweet Potato



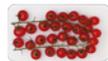
Free Range
Chicken Breast



Middle Bacon



Rosemary



Cherry Tomatoes



Silverbeet



Lemon

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Ingredients

800 g	sweet potato, peeled & chopped into 4 cm chunks
2 tbs	butter *
¼ cup	milk *
1 tbs	olive oil *
4-5 fillets	free range chicken breast
1 packet	middle bacon, sliced in half lengthways 
1 bunch	rosemary, leaves picked
1 punnet	cherry tomatoes, halved
1 tbs	balsamic vinegar *
1 bunch	silverbeet, destemmed & roughly chopped
1	lemon, cut into wedges

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2690	Kj
Protein	50.5	g
Fat, total	33.2	g
-saturated	12.6	g
Carbohydrate	32.8	g
-sugars	15.2	g
Sodium	785	mg



You will need: *chef's knife, chopping board, vegetable peeler, medium saucepan, colander, potato masher or fork, large frying pan, tongs, medium baking dish and wooden spoon.*

1 Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of water to the boil.

2 Place the **sweet potato** in the saucepan of boiling water with a pinch of **salt**. Cook the sweet potato for **15-20 minutes**, or until soft when pierced with a knife. Drain and then return to the saucepan. Add the **butter** and **milk**. Mash using a potato masher or fork until smooth. Season with salt and **pepper**.

3 Meanwhile, place a large frying pan over a medium-high heat. Drizzle half the **olive oil** over the **chicken breast** and season with salt and pepper. Cook the chicken for **2-3 minutes** on each side, or until slightly browned and sealed on the edges. Remove the pan from the heat. Place the chicken breast in a medium baking dish. Wrap the strips of **middle bacon** around the chicken breast. Sprinkle with the fresh **rosemary**. Add the **cherry tomatoes** to the baking tray and drizzle with a splash of olive oil and the **balsamic vinegar**. Season with salt and pepper. Place the baking dish in the oven for **20 minutes**. Remove the dish when the bacon is crispy and the tomatoes have started to blister.

4 While the chicken is in the oven, heat the remaining olive oil in the same frying pan over a medium-high heat. Add the **silverbeet** to the pan and cook for **3-4 minutes**, or until the silverbeet has wilted. Squeeze the juice of half the **lemon wedges** over the silverbeet. Season to taste with salt and pepper. Remove the pan from the heat.

5 To serve, divide the sweet potato mash between plates, top with the crispy chicken, silverbeet and cherry tomatoes. Enjoy!

