



BUTTERFLIED CHICKEN

with Leek & Feta Topping and Minted Potatoes



HELLO MINT

Mint gets its telltale enticing aroma from menthol, an essential oil present in its leaves.



New Potatoes



Leek



Mint



Chicken Breast



Feta Cheese

MEAL BAG

30 mins

2 of your 5 a day

For tonight's dinner, we've sourced potatoes from our awesome potato people at Linroyale. They have been selecting their little bundles of treasure for four generations now and put an incredible amount of passion and care into what they do. Go check them out at www.linroyale.co.uk to see where your 'taters come from!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Frying Pan**, **Large Saucepan** (with a **Lid**), **Baking Tray** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

Cut the **new potatoes** into quarters. Remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Heat a splash of **olive oil** in a frying pan on medium heat and add the **leek**. Cook gently until soft. Remove from the heat and set aside.



2 BUTTERFLYING TIME!

Meanwhile, lay one of the **chicken breasts** on a chopping board. Place your hand flat on top of one of the **chicken breasts** and slice into it from the side so it opens like a book. You've now **butterflied** your **chicken**! Repeat for all breasts. Put a large saucepan of water with a pinch of **salt** on to boil for the potatoes.



3 GRILL THE CHICKEN

Set your grill to high heat. Rub a little bit of **olive oil** onto each **chicken breast**. Season with a little pinch of **salt** and **black pepper** and lay on a baking tray. Place under your grill on the highest shelf for 5-6 mins on one side, then take the tray out from under your grill, turn the **chicken** over and pop back under for another 5-6 mins. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.*



4 COOK THE POTATOES

Whilst the **chicken** is grilling, add the **potatoes** to the pan of boiling water for 10-15 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Once they are cooked, drain them in a colander and return to the pan off the heat. Cover with a lid to keep them warm.



5 MAKE THE TOPPING

Crumble the **feta cheese** into the softened **leek** and gently stir to combine. Taste the mixture and add a little **salt** and **black pepper** if necessary. **★ TIP:** *Feta is pretty salty already, so make sure you taste as you go to get the seasoning just right.* Pile the **leek mixture** over the top of the **chicken** and put it back under your grill. Grill the **chicken** until the top is nice and golden, 3-4 mins.



6 FINISH AND SERVE!

Once drained, toss the **potatoes** in a little **butter** or **olive oil** (if you have some). Add some **salt** and **black pepper** and sprinkle over the **mint**. Serve with the **chicken** on the side and savour!

2 PEOPLE INGREDIENTS

New Potatoes, quartered	1 pack
Leek, sliced	2
Mint, chopped	½ bunch
Chicken Breast, butterflied	2
Feta Cheese, crumbled ⁷⁾	1 block

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	485	88
(kJ)	2041	370
Fat (g)	17	3
Sat. Fat (g)	9	2
Carbohydrate (g)	34	6
Sugars (g)	6	1
Protein (g)	52	9
Salt (g)	1.00	0.00

ALLERGENS

⁷⁾Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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