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Fetta & Sundried Tomato Stuffed Chicken with Rocket

Chicken can tend to become dry and a little bland, which is why one of favourite tricks is to stuff it with flavoursome ingredients. The combination of fetta and sundried tomatoes here never fails to impress.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



eat me
early

Pantry Items



Olive Oil



Sweet Potato



Free Range
Chicken Breast



Sundried
Tomatoes



Fetta Cheese



Rocket Leaves

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2P

400 g

2 tbs

2 fillets

1 tub

1 block

½ bag

4P

800 g

4 tbs

4 fillets

2 tubs

2 blocks

1 bag

Ingredients

sweet potato, unpeeled & diced into 1 cm cubes

olive oil *

free range chicken breast

sundried tomatoes, roughly chopped

fetta cheese, crumbled

rocket leaves



Ingredient features in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

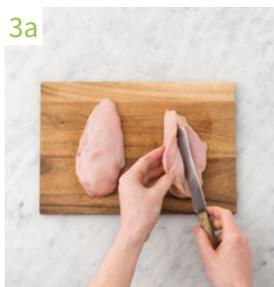
Energy	2720	Kj
Protein	49.4	g
Fat, total	31.9	g
-saturated	9.1	g
Carbohydrate	37.6	g
-sugars	19.9	g
Sodium	418	mg

2

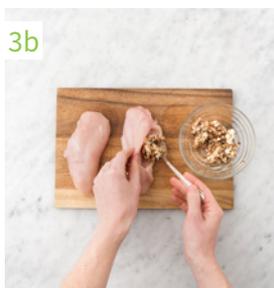
You will need: chef's knife, chopping board, oven tray lined with baking paper, paper towel, spoon, toothpicks, large ovenproof frying pan and tongs.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **sweet potato** on the prepared oven tray. Drizzle with half the **olive oil** and season with **salt** and **pepper**. Place in the oven and cook for **25-30 minutes**, or until cooked through.

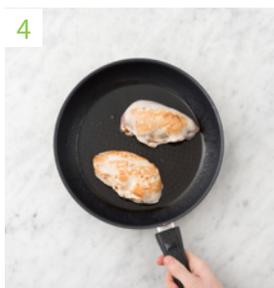
3a

3 Meanwhile, pat the **chicken breast** dry using paper towel. Use a sharp knife to cut a deep horizontal slit into the side of each chicken breast (don't slice all the way through). Stuff the chicken with a spoonful of the **sundried tomato** and crumbled **fetta cheese**. Secure it shut using two toothpicks (if you don't have toothpicks just be careful when you flip the chicken in the pan).

3b

4 Heat the remaining olive oil in a large ovenproof frying pan over a medium-high heat. Add the chicken and cook for **2 minutes** on each side, or until lightly browned. Transfer the pan to the oven and cook for a further **10-15 minutes**, or until cooked through. Remove from the oven and pull out the tooth picks.

Tip: If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.

4

5 To serve, dress the **rocket leaves** in a dash of olive oil. Divide the rocket, sweet potato and chicken between plates and spoon any leftover pan juices over the chicken. Enjoy!

Did you know? The process of sun drying tomatoes was first used by the Aztecs around 700 BC.