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Fetta & Sundried Tomato Chicken with Roasted Sweet Potato

Sundried tomatoes are such a heavy hitter when it comes to dinner, giving you hours of slow marinated flavour in seconds. We think they beat out a packaged sauce any day! And just wait until you try roasted asparagus – its almost nutty flavour will leave you beyond impressed!



Prep: 15 mins

Cook: 40 mins

Total: 55 mins



level 1



eat me first



gluten free

Pantry Items



Olive Oil



Free Range
Chicken Breast



Sundried
Tomatoes



Fetta Cheese



Sweet Potato



Asparagus



Baby Spinach Leaves

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QTY	Ingredients
4-5 fillets	free range chicken breast
1 tub	sundried tomatoes, roughly chopped
1 block	fetta cheese, crumbled
800 g	sweet potato, unpeeled & diced into 2 cm cubes
2 tbs	olive oil *
1 bunch	asparagus, ends trimmed
½ bag	baby spinach leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2470	Kj
Protein	49.9	g
Fat, total	24.8	g
-saturated	8.1	g
Carbohydrate	37.6	g
-sugars	19.9	g
Sodium	426	mg



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

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

2 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 small spoonful of the roughly chopped **sundried tomatoes** 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). Set aside.



3 Place the **sweet potato** on the prepared oven tray. Drizzle in half of the **olive oil** and season with **salt** and **pepper**. Place in the oven and cook for **20-25 minutes**, or until cooked through. Place the **asparagus** on the second lined tray, drizzle with the remaining olive oil and season with salt and pepper. Add to the oven in the last **10 minutes** of cooking time.



4 Meanwhile, heat a large greased 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, pull out the toothpicks and cover with foil to keep warm. Set aside for **5 minutes**. **Tip:** If you don't have an ovenproof frying pan, transfer the chicken to a baking dish or oven tray.



5 To serve, dress the **baby spinach leaves** in a dash of olive oil. Divide the baby spinach, asparagus, sweet potato and stuffed chicken between plates. Enjoy!