



LEEK & FETA CHICKEN BREAST

with Rosemary Roasted Kumara & Green Beans



Add flavour to chicken by topping with leek and feta



Kumara



Rosemary



Leek



Green Beans



Lemon



Feta



Chilli Flakes (Optional)



Chicken Breast

Hands-on: **30 mins**
Ready in: **35 mins**

Spicy (optional chilli flakes)

Eat me early

Low calorie

A few simple touches in this meal really make it something special. Finishing the chicken with the sautéed leek and creamy feta allows it to soak up lots of lovely flavours, while the rosemary gives the kumara a rich, aromatic quality. From ordinary to extraordinary in just a few simple steps!

Pantry Staples: Olive Oil, Butter

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 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Pick the **rosemary** leaves and finely chop. Place the kumara and rosemary on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast on the top rack until tender, **25-30 minutes**. **TIP:** *Cut the kumara to the correct size so it cooks in the allocated time.*



2 GET PREPPED

While the kumara is roasting, thinly slice the **leek**. Trim the **green beans** and slice in half. Slice the **lemon** (see ingredients list) into wedges.



3 PAN FRY THE LEEK

In a medium frying pan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **leek** and cook until softened, **4-5 minutes**. Remove from the heat, crumble in the **feta** and add a **pinch** of **chilli flakes** (if using) and stir to combine. Season with a **pinch** of **salt** and **pepper**.



4 BAKE THE CHICKEN

Place your hand flat on top of the **chicken breast** and cut through horizontally, without slicing all the way through. Open the chicken up like a book. Rub the chicken with a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Transfer the chicken to the second oven tray lined with baking paper and top with the **leek and feta mixture**. Bake until the chicken is cooked through, **6-10 minutes** (depending on thickness).



5 COOK THE GREEN BEANS

When the chicken has about **5 minutes** of cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and cook, tossing, until tender, **4-5 minutes**.



6 SERVE UP

Divide the leek and feta chicken, the rosemary kumara and the green beans between plates. Serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
rosemary	1 bunch	1 bunch
leek	1	2
green beans	1 bag (100 g)	1 bag (200 g)
lemon	½	1
butter*	20 g	40 g
feta	1 block (50 g)	2 blocks (100 g)
chilli flakes (optional)	pinch	pinch
chicken breast	1 small packet	1 large packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (550Cal)	448kJ (107Cal)
Protein (g)	47.9g	9.3g
Fat, total (g)	23.9g	4.7g
- saturated (g)	12.0g	2.3g
Carbohydrate (g)	32.7g	6.4g
- sugars (g)	13.4g	2.6g
Sodium (g)	432mg	84mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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