



LEEK & FETTA CHICKEN BREAST

with Rosemary Roasted Sweet Potato & Green Beans



Add flavour to chicken by topping with leek and fetta



Sweet Potato



Rosemary



Leek



Green Beans



Lemon



Fetta



Chilli Flakes (Optional)



Chicken Breast

Hands-on: **30-40** mins
Ready in: **35-45** mins

Low calorie

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

Topping chicken with sauteed leek and creamy fetta allows it to soak up lots of lovely flavours, while adding rosemary to sweet potato gives it 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 SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Pick the **rosemary** leaves and finely chop. Place the **sweet potato** 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 oven rack until tender, **25-30 minutes**. **TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



2 GET PREPPED

While the sweet potato 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 **fetta**, 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 each **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 a second oven tray lined with baking paper and top with the **leek mixture**. Bake until the chicken is cooked through, **6-10 minutes**. **TIP:** Chicken is cooked through when it is no longer pink in the middle.



5 COOK THE GREEN BEANS

When the chicken has **5 minutes** 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 fetta chicken, rosemary sweet potato 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
sweet potato	2	4
rosemary	1 bunch	1 bunch
leek	1	2
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
butter*	20g	40g
fetta	1 block (50g)	1 block (100g)
chilli flakes (optional)	pinch	pinch
chicken breast	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	460kJ (110Cal)
Protein (g)	46.7g	9.4g
Fat, total (g)	24.4g	4.9g
- saturated (g)	12.4g	2.5g
Carbohydrate (g)	32.4g	6.5g
- sugars (g)	13.2g	2.7g
Sodium (g)	432mg	87mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK08

