



# LEEK & FETTA TOPPED CHICKEN

with Rosemary Potatoes & Green Beans



Butterfly a chicken breast



Potato



Green Beans



Rosemary



Leek



Lemon



Free-Range Chicken Breast



Fetta



Chilli Flakes (Optional)

## Pantry Staples



Butter



Olive Oil



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



Eat Me Early



Spicy (optional chilli flakes)

A few simple touches in this meal make it something really special. Finishing the butterflyed chicken breast with sweet sautéed leek and sharp creamy fetta allows it to absorb these lovely flavours, and stay nice and moist to boot. Meanwhile rosemary, one of our absolute favourite herbs to use, gives the potato a rich aromatic quality.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan** with a **lid, colander, grill tray lined with aluminium foil, tongs, medium frying pan, wooden spoon, small bowl** and a **spoon**.



### 1 GET PREPPED

Preheat the grill to **high**. Chop the **potato** (unpeeled) into 3 cm chunks. Trim the ends of the **green beans** and slice in half. Pick and finely chop the **rosemary** leaves until you have **1 tsp for 2 people/2 tsp for 4 people**. Finely slice the **leek**. Slice the **lemon** into wedges.



### 2 COOK THE POTATO

Place the **potato** in a large saucepan of cold salted water and bring to the boil. Cook for **15 minutes**, or until easily pierced with a knife. In the **last 2 minutes** of potato cooking time, add the **green beans**. Drain and return the potato and green beans to the saucepan. Add the **butter** and the **rosemary** and toss to coat. Season to taste with a **pinch** of **salt** and **pepper** and set aside. Cover with a lid to keep warm.



### 4 PREP THE TOPPING

While the chicken is cooking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **leek** and cook for **4-5 minutes**, or until soft. Remove from the heat and transfer to a small bowl. Crumble in the **fetta** and stir to combine. Season to taste with a **pinch** of **pepper**.



### 5 TOP THE CHICKEN

Spoon the **leek and fetta mixture** over the chicken breast and sprinkle with the **chilli flakes (if using)**. **TIP:** Some like it hot but if you don't just hold back on the chilli flakes. Return the **chicken breast** under the grill for **1-2 minutes**, or until golden.



### 3 COOK THE CHICKEN

While the potato is cooking, place your hand flat on top of the **free-range chicken breast** and cut through horizontally. Rub the chicken with a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Place on the grill tray lined with aluminium foil and cook under the grill for **10 minutes**, flipping halfway, until just cooked through. **TIP:** Butterflying the chicken helps it cooks evenly and speeds up the cooking time!



### 6 SERVE UP

Divide the leek and fetta topped chicken, the rosemary potato and the green beans between plates. Serve with the lemon wedges on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
green beans	1 bag	2 bags
rosemary 🌿	½ bunch	1 bunch
leek	1	2
lemon	1	2
butter*	2 tbs	4 tbs
free-range chicken breast	1 packet	1 packet
fetta	1 block (50 g)	2 blocks (100 g)
chilli flakes (optional)	¼ sachet (¼ tsp)	½ sachet (½ tsp)

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2690kJ (644Cal)	524kJ (125Cal)
Protein (g)	48.8g	9.5g
Fat, total (g)	35.3g	6.9g
- saturated (g)	15.9g	3.1g
Carbohydrate (g)	30.4g	5.9g
- sugars (g)	3.1g	0.6g
Sodium (g)	437mg	85mg

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