Spinach and Feta Stuffed Chicken

with Sweet Potato Mash and Spinach Salad

Moist, succulent chicken is the perfect shell for this feta and spinach mixture. Akin to a Chicken Kiev… Only far less processed and far more delicious. This dish is classic comfort food, enjoyed from the comfort of your own home.

Prep 30 min

level 1

Chicken Breast	Baby Spinach	Feta Cheese	Dijon Mustard	Sweet Potato	Balsamic Vinegar

Honey	Toothpicks

Ingredients		2 People	4 People
Chicken Breasts		1 pkg (340 g)	2 pkg (680 g)
Baby Spinach		1 pkg (113 g)	2 pkg (227 g)
Feta Cheese	1)	1 pkg (56 g)	2 pkg (113 g)
Sweet Potato, peeled and cubed		1 pkg (340 g)	2 pkg (680 g)
Balsamic Vinegar	2)	½ pkg (1 tbsp)	1 pkg (2 tbsp)
Dijon Mustard	2) 3)	½ pkg (¾ tsp)	1 pkg (1½ tsp)
Honey		½ pkg (½ tbsp)	1 pkg (1 tbsp)
Toothpicks		6	12
Butter*	1)	1 tbsp	2 tbsp
Olive or Canola Oil*			

*Not Included

Allergens
1) Milk/Lait
2) Sulphites/Sulfites
3) Mustard/Moutarde

Tools
Medium Pot, Small Bowl, Measuring Spoons, Large Pan, Strainer, Medium Bowl

Ruler 0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 515 cal | Fat: 16 g | Protein: 48 g | Carbs: 43 g | Fibre: 6 g | Sodium: 745 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1 Preheat the oven to 425°F. (To bake the chicken.) Start prepping when the oven comes up to temperature!

2 Boil the sweet potatoes: **Wash and dry all produce**. Combine the **sweet potatoes** with enough **salted water** to cover in a medium pot. Bring to a boil over high. Boil until a fork pierces the sweet potato easily, 12-15 min.

3 Prep: Meanwhile, finely chop **half the** spinach. (double for 4 people.) Combine the **spinach** and **feta** in a small bowl.

4 Prepare the chicken: Cut a small slit (about 3-cm long) into the side of each of the **chicken breast** with a knife. (**TIP:** Be careful to not slice all the way through - we're just creating a pocket!) Divide your filling into 2 equal portions (double for 4 people). Stuff each portion into one **chicken breast.** Seal the opening by closing the gap with a few toothpicks to enclose the filling. Season chicken with **salt** and **pepper.**

5 Cook the chicken: Heat a medium ovenproof pan over a medium-high heat. Add a drizzle of oil, then the **chicken** and cook until lightly browned, 3 min on each side. Transfer the pan to the oven and bake, until cooked through, 8-10 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

6 Mash the sweet potatoes: Meanwhile, drain and return the **sweet potatoes** to the pot. Use a fork or potato masher to mash the potatoes with the **butter**. Season with **salt** and **pepper**.

7 Make the spinach salad: In a medium bowl, whisk **half pkg Dijon** (1 pkg for 4 people), **half pkg** honey (1 pkg for 4 people), **1 tbsp vinegar**, (1 bottle for 4 people) and a drizzle of **oil**. Toss in the **remaining spinach**.

8 Finish and serve: Remove the **toothpicks** from the **chicken** and serve alongside the **mashed sweet potato** and the **spinach salad**. Enjoy!