



SEP  
2016

## Sweet Pepper-Stuffed Chicken

with Roasted Broccoli and Potatoes

Quick, simple and tasty is the order of the day for this recipe. Using a delicious combination of mozzarella, roasted red peppers and basil for the stuffing, every bite of chicken gets a little extra hit of flavour.



Prep  
35 min



level 1



gluten  
free



Chicken Breasts



Basil



Roasted Red  
Peppers



Broccoli



Baby New Potatoes



Fresh Bocconcini

## Ingredients

Chicken Breasts	2 pkg (680 g)
Roasted Red Peppers	1 pkg (56 g)
Broccoli Rosettes	1 pkg (340 g)
Baby New Potatoes	1 pkg (340 g)
Fresh Pearl Bocconcini	1) 1 pkg (113 g)
Basil	2 pkg (14 g)
Toothpicks	12
Olive or Canola Oil*	

## 4 People

\*Not Included

## Allergens

1) Milk/Lait

## Tools

Large Pot, Medium Bowl, Brush, 2 Baking Sheets, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 788 cal | Fat: 24 g | Protein: 99 g | Carbs: 45 g | Fiber: 8 g | Sodium: 686 mg  
*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat your oven to 425°F. Start prepping when your oven comes up to temperature!**

**2 Roast the veggies: Wash and dry all produce.** Cut the **potatoes** in half (or in quarters if they're larger.) On a baking sheet, toss the **potatoes** and **broccoli** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring it halfway through roasting, until tender and golden-brown, 20-25 min.

4



**3 Make the filling:** Meanwhile, finely chop the **bocconcini** and **roasted red peppers** into 1/2-inch pieces. Roughly tear the **basil leaves**. Stir them together in a medium bowl.

**4 Prep the chicken:** Cut a small slit (about 3-cm long) into the side of each **chicken breast** with a paring knife. Move the knife inside the chicken to create a pocket inside the meat (this is where you will stuff the filling!)

5



**5** Divide your filling into 4 equal portions. Stuff each portion (about 2-3 tbsp) into one **chicken breast**. Seal the opening by closing the gap with a few **toothpicks** to enclose the filling. Brush each chicken breast with a drizzle of **oil**, then season with **salt** and **pepper**. Arrange the **chicken** on another baking sheet. Bake in the centre of the oven until cooked through, 18-20 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

**6 Finish and serve:** Remove the toothpicks from your **chicken** and thinly slice. Serve your chicken with the **veggies** to the side. Enjoy!

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