



# Bacon Wrapped Chicken in Sage Butter

with broccolini and roast potatoes

Premium 40-45 mins

13



Chicken Breast



Bacon



Sage



Grated Italian Style Hard Cheese



Baby Potatoes



Broccolini



Central American Style Spice Mix

Pantry Items: Water, Oil, Salt, Pepper, Butter



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, pan with lid

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Bacon	170 g	340 g
Sage	10 g	20 g
Grated Italian Style Hard Cheese	25 g	50 g
Baby Potatoes	1 unit	2 units
Broccoli	150 g	300 g
Central American Style Spice Mix	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	589.5 g	100 g
Energy (kJ/kcal)	2892 kJ/ 691 kcal	491 kJ/ 117 kcal
Fat (g)	28.8 g	4.9 g
Sat. Fat (g)	10.6 g	1.8 g
Carbohydrate (g)	51.4 g	8.7 g
Sugars (g)	4.5 g	0.6 g
Protein (g)	58 g	9.7 g
Salt (g)	3.3 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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For any questions, contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



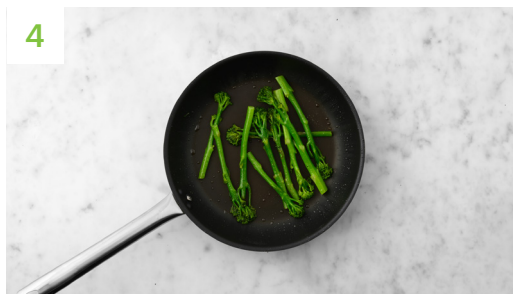
You can recycle me!



## Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways (quarter any larger chunks) and add to a lined baking tray.
- Drizzle with **oil**, season with **Central American spice mix**, **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Fry the Broccoli

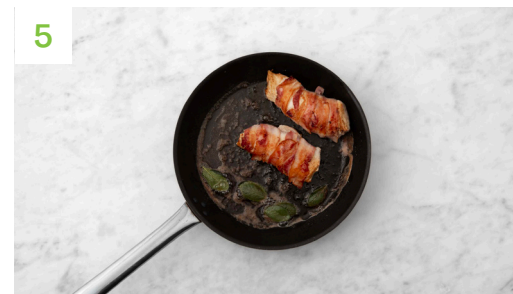
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccoli** and season with **salt** and **pepper**.
- Fry for 2-3 mins then add a splash of **water** and cover with a lid or some foil.
- Cook until the **broccoli** is tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



## Get Prepped

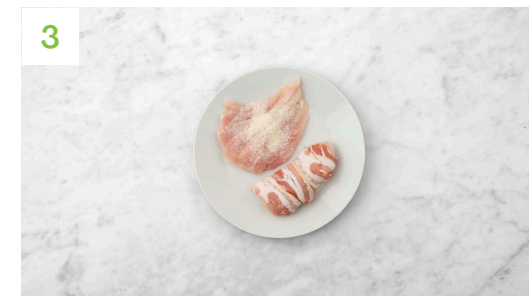
- Pick the **sage** leaves.
- Trim and discard the bottom of the **broccoli**.
- Lay the **chicken** on a board. Place one hand flat on top. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Slice horizontally until there's 2cm left (don't cut all the way through). Open it up like a book.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



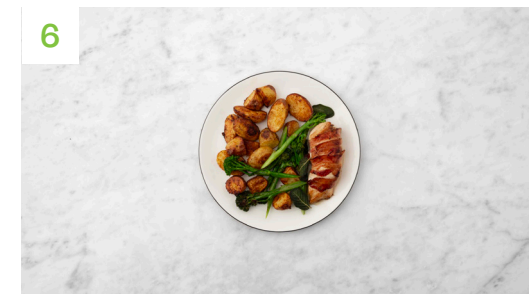
## Baste the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **chicken**, seam-side down, until golden brown, 4-5 mins each side.
- Add a splash of **water**, cover and cook for 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Shift the **chicken** to one side of the pan. Add 3 tbsp **butter** (double for 4p) to the empty side and melt.
- Fry the **sage** in the **butter** until crispy, 2-3 mins. Spoon the **sage butter** over the **chicken**.



## Wrap the Chicken

- Drizzle the **chicken** with **oil** and season lightly with **salt** and **pepper**.
- Divide the **cheese** between the **chicken breasts**, pressing down firmly so it adheres.
- Carefully roll the **chicken** up, encasing the filling.
- Wrap the **bacon** tightly around the **chicken**.



## Finish and Serve

- Plate up your cheesy **chicken**.
- Serve the roast **baby potatoes** and pan-fried **broccoli** alongside.
- Drizzle the **chicken** with any **sage butter** remaining in the pan.

Enjoy!