



Cooking Made Easy

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Speedy Chicken Run Kiev with Sweet Potato Wedges

This perfectly crispy chicken oozing with garlicky cheesy goodness is the perfect comfort food. Sweet potato chips provide a little twist on the ol' meat and two veg routine, and whacking everything in the oven means you have more time to relax – and think about how healthy oven baking your dinner is!

 **Prep:** 15 mins
Cook: 30 mins
Total: 45 mins

 level 2



Sweet Potatoes



Cheddar Cheese



Garlic



Chicken Breast



Dried Italian Herbs



Panko Breadcrumbs



Broccoli

2P	4P	Ingredients
300 g	600 g	sweet potato
3 tbs	6 tbs	olive oil *
50 g	100 g	cheddar cheese, grated
2	4	garlic cloves, peeled & crushed ⊕
2 fillets	4 fillets	chicken breast
2 tsp	4 tsp	HelloFresh dried Italian herbs
50 g	100 g	panko breadcrumbs
1/2 head	1 head	broccoli, cut into florets ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3650	Kj
Protein	76.1	g
Fat, total	41.6	g
-saturated	10.3	g
Carbohydrate	42.8	g
-sugars	11.8	g

Measuretool

0 cm	1 cm	2 cm

2a



1 Pre heat your oven to **210°C/190°C** fan forced.

2 Scrub, (but do not peel) your **sweet potatoes** under water and then cut them lengthways into chunky chips. Coat the sweet potatoes in **olive oil** and season well with **salt** and **pepper**. Put them on a baking tray and and cook for about **25 minutes** or until cooked through. If you like them nice and crunchy, slice them very finely and watch them when they hit the **10-15 minutes** mark!

2b



3 Mix together the **cheese**, half of the **garlic** and a good grind of salt and pepper. Cut a hole a few centimetres long into the side of the **chicken breast** (at the plump end) and move the knife around inside to make a pocket, being careful not to cut through to the other side. Spoon in your cheese and press the hole to close.

3



4 Mix together the **herbs**, **breadcrumbs**, remaining garlic and season the mix well with salt and pepper. Coat each chicken breast with oil, then roll in the breadcrumb mixture. Bake in the oven, in a separate pan (below the sweet potato) for about **25 minutes**. Steam your **broccoli** until just tender.

5 Serve your chicken with roasted sweet potato and broccoli; before sending in the troops to clean up!

4



Did you know? Worldwide cheese production amounts to more than the combined worldwide production of coffee, tobacco, tea, and cocoa beans.