



Cooking Made Easy

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Herby Pork Stuffed Chicken Breast with an Easy Pan Sauce

If you're wondering about that lonely sausage in your box this week it's destined for this awesome recipe! We asked our butcher Nick to put together some sage and onion infused pork, to create a really easy stuffing for tonight's chicken. With a quick pan sauce this recipe is easy to make and bound to impress!

 45 min

 lactose free

 healthy



Potatoes



Chicken Breast



Pork Sausage



Panko Breadcrumbs



Flour



Chicken Stock Pot



Broccoli Florets

Ingredients

	2P	4P
Potatoes, chopped	2	4
Chicken Breast	2	4
Pork Sausage 1	1	1
Panko Breadcrumbs 2	2 tbsp	4 tbsp
Flour 2	1 tsp	2 tsp
Chicken Stock Pot	1	2
Broccoli Florets	1½ cups	3 cups

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | 2) Gluten

Nutrition per serving: Calories: 405 kcal | Protein: 37 g | Carbs: 37 g | Fat: 10 g | Saturated Fat: 3 g



1 Pre-heat the oven to 180 degrees. Chop the potatoes into (roughly) 3cm cubes and toss them in 1 tbsp of olive oil. Season with a pinch of salt and pepper and place on the top shelf of the oven. Roast for around 20 mins until they're soft in the middle and crispy on the outside.

with salt and pepper and cook for 5 mins. **Tip:** Cook the side where the roll finishes first so you can seal it all up. **Tip:** Turn regularly to give the outside an even golden colour.



2 Place your hand flat on each chicken breast and slice in half from the side. **Tip:** You want to be able to open up the chicken breast like a book (this is called 'butterflying'). Lay the chicken between two sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.

6 Transfer the chicken to a baking tray, move the potatoes to the middle shelf and put the chicken on the top shelf. **Tip:** Do not wash up the frying pan yet as we'll use it for the sauce. Cook for around 15 mins then remove and rest for a few mins before serving. **Tip:** The chicken is cooked when it is no longer pink in the middle.



3 Cut the skin off the sausage and discard. Mix the sausage meat with the breadcrumbs, ¼ tsp of salt and a good grind of pepper.

7 Put your frying pan back on medium heat and add 2 tsp of butter (or 2 tsp of oil if you don't have butter). Once the butter melts add the flour and stir until you have a thick paste. Pour in 200ml of water with ½ the stock pot and keep stirring. Stir and cook until you have a thick, lump-free sauce.



4 Put half the sausage mix in a line across one edge of the chicken breast. Roll the line of sausage up in the chicken (like a Swiss Roll!). **Tip:** Secure your little rolls with cocktail sticks if you have some. Boil a pot of water for your broccoli.

8 Chop the florets from your broccoli and boil them quickly for 3 mins. **Tip:** You can also trim the skin from the stalk using your knife, chop it and boil it too. Serve the chicken, potatoes and the broccoli with a good helping of your pan sauce.

5 Heat 1 tbsp of olive oil in a pan on a medium-high heat. Season the outside of the rolled chicken breasts

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!