



More Than Food
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Caprese Stuffed Chicken Breast with Broccoli

Quick, simple and tasty is the order of the day for this recipe. It's nice to stretch your culinary legs once in a while with an array of exotic ingredients, but perfection needn't be complicated. Using a classic Italian combination of mozzarella, tomato and basil this dish is all about high quality produce prepared with minimum fuss. Molecular gastronomy might be fun, but we guarantee this dish will leave you with more time to play frisbee in the park.



30 mins



family box



gluten free



healthy



Basil (1 bunch)



Sun-Dried Tomatoes
(5 tbsp)



Broccoli (2)



New Potatoes
(2 packs)



Mozzarella
(2 balls)



Chicken Breast (4)

Ingredients

	2P	4P
Basil, torn	-	1 bunch
Sun-Dried Tomatoes, chopped 1	-	5 tbsp
Broccoli, florets	-	2
New Potatoes, halved	-	2 packs
Mozzarella 2	-	2 balls
Chicken Breast	-	4

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

LH Step for little hands

Allergens

1) Sulphites | 2) Milk

Nutrition per serving: Calories: 517 kcal | Protein: 51 g | Carbs: 44 g | Fat: 15 g | Saturated Fat: 8 g



1 Pre-heat your oven to 190 degrees and boil a large pot of water. Tear up your basil and chop your sun-dried tomatoes very finely. Separate your broccoli into florets. Chop your potatoes in half and dice up your mozzarella.



2 **LH:** Mix together the basil, sun-dried tomatoes and mozzarella thoroughly in a bowl. Season with a pinch of salt and pepper.

3 Next cut a small slit (about 3cm long) in the side of each chicken breast. Move the knife inside the chicken breast to cut a pocket into the meat, into which you can put the stuffing.



4 Stuff a quarter of the mozzarella mix into each chicken breast. To seal them stick a couple of cocktail sticks in each (if you have some). Coat each chicken breast in ½ tsp of olive oil, season well with salt and pepper, place on a baking tray and put them in the oven for 20 mins.



5 Put your new potatoes into the boiling water with ½ tsp of salt and cook them for 10-15 mins, until you can easily slip a knife through them.

6 About 3 mins before the potatoes are cooked add the broccoli to the pot as well, then drain. **Tip:** The broccoli should still have a bit of crunch left in it.

7 Serve your chicken with the potatoes and broccoli. If you used cocktail sticks to seal the chicken, remove them before eating to avoid injury ;-)