



Crispy Skinned Chicken

with Butternut Squash, Feta and Rocket

BALANCED 40 Minutes • Under 600 Calories • 1.5 of your 5 a day

N° 7



Butternut Squash



Red Onion



Feta Cheese



Chicken Breast Skin On



Balsamic Vinegar



Rocket

Before you start

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

Basic cooking tools you will need:

Large Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Butternut Squash**	1	1	2
Red Onion**	1	2	2
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Chicken Breast Skin On**	2	3	4
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Rocket**	1 bag	1½ bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	526g	100g
Energy (kJ/kcal)	2105 /503	400 /96
Fat (g)	26	5
Sat. Fat (g)	13	2
Carbohydrate (g)	24	5
Sugars (g)	14	3
Protein (g)	45	9
Salt (g)	1.32	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 14) Sulphites

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

Contact

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1. Prep the Squash

Preheat your oven to 220°C. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 2cm wide lengths, then chop into 2cm chunks (no need to peel!)



2. Roast the Squash

Pop the **squash** onto a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**. Toss together to coat in the **oil**, then roast in your oven until soft and golden, 30-35 mins.



3. Finish the Prep

Meanwhile, halve the **red onion**, peel and chop each half into five wedges. Break the **feta** into small pieces.



4. Cook the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high. Once the pan is hot, lay in the **chicken breasts** skin-side down and fry until the skin is golden, 5 mins. Turn and cook for 2 mins on the other side and remove from the heat. Season the **chicken** with **salt** and **pepper** while in the pan.



5. Roast the Onions

Once the **butternut squash** has been roasting for 15 mins, remove the tray from the oven and add the **red onion**. Mix around to combine everything together, then pop the **chicken breasts** on top (skin-side up). Roast for 15-20 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



6. Finish and Serve

Once everything is cooked, remove the tray from the oven and pop the **chicken breasts** onto a board to rest for 2 mins. Pop the **balsamic vinegar** and **rocket** into a large bowl and mix together. Add in the **squash, red onion** and **half the feta**. Toss everything together. Serve in bowls. Thinly slice the **chicken** and serve on top with the remaining **feta** sprinkled all over.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar • High Protein

Featured Ingredient: Rocket, is a leafy green vegetable, which is low in calories and can also be considered a cruciferous vegetable. Compared to other leafy greens such as Kale, rocket is higher in calcium. Calcium contributes to normal muscle function.