



ROAST CHICKEN

with Pork Stuffing and an Easy Pan Sauce



HELLO PANKO

These Asian style breadcrumbs are larger and flakier than normal crumbs for a crispier finish.



New Potatoes



Broccoli



Chicken Breast



Pork Sausage



Panko Breadcrumbs



Chicken Stock Pot



Flour



Water

MEAL BAG

45 mins

2 of your 5 a day

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 delicious sausages, to create a really easy stuffing for tonight's chicken. With an easy pan sauce, this recipe is simple to make yet bound to impress!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, some **Baking Paper**, some **Clingfilm**, a **Mixing Bowl**, **Frying Pan**, some **Foil**, a **Large Saucepan**, **Measuring Jug** and **Colander**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm cubes (no need to peel!) and place on a lined baking tray. Drizzle over a splash of **oil**, season with a pinch of **salt** and **black pepper** and toss to coat. Spread out on the tray, then roast on the middle shelf of your oven until they're soft in the middle and crispy on the outside, 30-35 mins.



4 COOK THE CHICKEN

Transfer the **chicken** to another lined baking tray and roast on the top shelf of your oven, 15 mins. **TIP: Don't wash the frying pan.** When the chicken is cooked, remove from the oven, cover with foil and rest for a few mins.

★ **TIP:** The stuffed chicken is cooked when both the stuffing and chicken are no longer pink in the middle. Put a large saucepan of water with a pinch of **salt** on to boil for the broccoli and boil your kettle!



2 PREP THE CHICKEN

Separate the **broccoli** into florets (mini trees). Place your hand flat on top of the **chicken** and slice into it from the side so it opens like a book. Lay the **chicken** between two sheets of clingfilm and whack the **chicken** using the base of a pan or a rolling pin until it's 1cm thick. Slice open the **sausage**, remove the **meat** and discard the skin. Put the **sausage meat** in a mixing bowl and combine with the **breadcrumbs** to make the **stuffing**.



5 MAKE THE SAUCE

Dissolve the **chicken stock pot** in a measuring jug of boiling **water** (amount specified in the ingredient list). Put your frying pan back on medium heat with a glug of **oil** and the **flour**. Stir and cook for 1 minute until you have a thick paste (this is a roux!). Bit by bit, add the **stock**, stirring well so there are no lumps. Bring to a simmer and keep stirring (use a whisk if you have one!). Cook until thickened to your liking, 3-5 mins.



3 STUFF THE CHICKEN

Place the **stuffing** in a line across the long edge of each **chicken breast** (divide the stuffing evenly!). Roll the **chicken breast** up tightly, enclosing the **stuffing** inside.

★ **TIP:** Secure the rolls with cocktail sticks if you have some. Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the outside of the **rolls** with **salt** and **black pepper** and fry for 5 mins. Turn regularly to get an even golden colour.



6 FINISH AND SERVE

While the sauce cooks, add the **broccoli** to the pan of boiling water and simmer until tender, 4-5 mins. Once cooked, drain in a colander. Serve the **stuffed chicken**, **roast potatoes** and the **broccoli** with a good helping of your **pan sauce**. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, chopped	1 pack
Broccoli, florets	1
Chicken Breast, butterflied	2
Pork Sausage 12)	65g
Panko Breadcrumbs 1)	30g
Chicken Stock Pot	½
Water*	300ml
Flour 1)	8g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	529	94
(kJ)	2238	399
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	51	9
Sugars (g)	7	1
Protein (g)	56	10
Salt (g)	1.93	0.34

ALLERGENS

1)Gluten 12)Sulphites

Chicken Stock Pot Ingredients:Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

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