



SAUSAGE STUFFED CHICKEN

with Roast Potatoes, Broccoli and an Easy Pan Sauce



HELLO PANKO BREADCRUMBS

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



New Potatoes



Chicken Breast



Pork Sausage



Panko Breadcrumbs



Chicken Stock Powder



Flour



Broccoli Florets

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!

45 mins

2 of your 5 a day

MEAL BAG



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, 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 chunks (no need to peel) and place on a lined baking tray. Drizzle with **oil**, season with a pinch of **salt** and **pepper** and toss to coat. Spread out on the tray, then roast on the middle shelf of your oven until soft in the middle and crispy on the outside, 30-35 mins. Shake the tray halfway through cooking.



2 PREP THE CHICKEN

Lay the **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up 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. Repeat for the other breast(s).



3 STUFF THE CHICKEN

Slice open the **sausage**, remove the **meat** and discard the skin. Put the **meat** in a mixing bowl with the **breadcrumbs** and stir. 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.*
❗ IMPORTANT: *Wash your hands and equipment after handling raw meat.*



4 COOK THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken rolls** with **salt** and **pepper** and fry for 5 mins until golden all over. Transfer to another lined baking tray and roast on the top shelf of your oven, 15 mins. **★ TIP:** *Don't wash the pan!* When the **chicken** is cooked, remove from the oven, cover with foil and rest for a few mins. **❗ IMPORTANT:** *The chicken is cooked when the stuffing and chicken are no longer pink in the middle.*



5 MAKE THE SAUCE

Meanwhile, boil your kettle. Put a large saucepan of water on to boil for the broccoli. Dissolve the **stock powder** in a measuring jug of boiling **water** (see ingredients for amount). Put the frying pan back on medium heat with a glug of **oil** and the **flour**. Stir and cook until you have a thick paste, 1 minute (this is a roux!). Whisk in the **stock** bit by bit. Bring to a simmer and keep whisking. Cook until thickened to your liking, 3-5 mins.



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 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Chicken Breast	2	3	4
Pork Sausage ¹⁴⁾	65g	100g	130g
Panko Breadcrumbs ¹³⁾	30g	45g	60g
Chicken Stock Powder	½ pot	¾ pot	1 pot
Water*	300ml	450ml	600ml
Flour ¹³⁾	8g	16g	16g
Broccoli Florets	1 small pack	1 medium pack	1 large pack

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 489G	PER 100G
Energy (kcal)	507	104
(kJ)	2119	434
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	47	10
Sugars (g)	5	1
Protein (g)	53	11
Salt (g)	1.11	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

¹³⁾ Gluten ¹⁴⁾ Sulphites

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

👍 THUMBS UP OR THUMBS DOWN?

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