



Bacon-wrapped Chicken al Forno

with mashed potatoes and honeyed carrots

Premium 40-45 mins

13



Chicken Breast



Bacon



Worcester Sauce



Passata



Mozzarella



Chicken Stock



Carrot



Honey



Potatoes



Garlic

Pantry Items: Salt, Pepper, Oil, Sugar, Water, Butter, Milk (Optional)



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, grater, oven dish, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Bacon	170 g	340 g
Worcester Sauce	1 sachet	2 sachets
Passata	1 pack	2 packs
Mozzarella	125 g	250 g
Chicken Stock	1 sachet	2 sachets
Carrot	2 units	4 units
Honey	1 sachet	2 sachets
Potatoes	3 units	6 units
Garlic	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	885 g	100 g
Energy (kJ/kcal)	4267 kJ/ 1020 kcal	482 kJ/ 115 kcal
Fat (g)	45.6 g	5.1 g
Sat. Fat (g)	17.9 g	2 g
Carbohydrate (g)	89.1 g	10.1 g
Sugars (g)	22.1 g	2.5 g
Protein (g)	67.7 g	7.6 g
Salt (g)	6.8 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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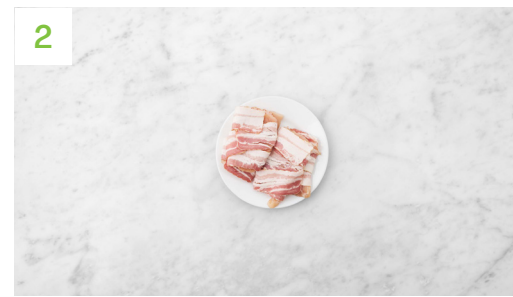
Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins. Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Fry the Chicken

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **chicken**, with the **bacon** facing seam-side down.
- Cook until golden brown and crispy, 4-8 mins on each side (cook in batches if your pan is getting crowded).
- Once cooked, transfer the **chicken** to an ovenproof dish. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Prep the Chicken

- Meanwhile, place a hand flat on top of the **chicken breast** and slice through horizontally to make two thin **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Repeat with the other **breast(s)**.
- Season the **chicken** with **salt** and **pepper**.
- Wrap the **bacon** slices around the **chicken steaks**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Simmer the Sauce

- Return the pan to medium-high heat with the **garlic** and a drizzle of **oil**. Fry until fragrant, 1 min.
- Add **passata**, **stock powder**, **Worcester sauce** and ¼ tsp **sugar** (double for 4p). Bring to the boil.
- Simmer until thickened, 4-6 mins. Taste and add **salt** and **pepper** if needed.
- Pour the sauce over the **chicken**, then drain, tear and scatter the **mozzarella** over the top.
- Bake the **chicken** on the top shelf of the oven until **cheese** is melted, 12-15 mins.



Roast the Veg

- Trim the **carrot** and halve lengthways. Cut into 1cm wide, 5cm long batons.
- On a lined baking tray toss with **salt**, **pepper** and a drizzle of **oil**.
- Roast on the middle shelf of the oven until tender, 20-25 mins. Turn halfway through.
- Once cooked, toss the roasted **carrots** with the **honey**.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Finish and Serve

- Share your **bacon** wrapped **chicken** between plates.
- Serve creamy mash and honeyed **carrots**.
- Spoon over any remaining sauce to finish.

Enjoy!