



Bacon Wrapped Chicken in Sage Butter

with broccolini and roast potatoes

Premium 40 – 45 mins

13



Chicken Breast



Bacon



Sage



Grated Italian Style Hard Cheese



Baby Potatoes



Broccolini



Central American Style Spice Mix



Truffle Oil

Pantry Items: Water, Oil, Salt, Pepper, Butter



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, pan with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Bacon	130 g	260 g
Sage	10 g	20 g
Grated Italian Style Hard Cheese	1 unit	2 units
Baby Potatoes	500 g	1000 g
Broccolini	150 g	300 g
Central American Style Spice Mix	1 sachet	2 sachets
Truffle Oil	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	592 g	100 g
Energy (kJ/kcal)	3418 kJ/ 817 kcal	577 kJ/ 138 kcal
Fat (g)	44.3 g	7.5 g
Sat. Fat (g)	20.4 g	3.4 g
Carbohydrate (g)	51.2 g	8.6 g
Sugars (g)	4.8 g	0.8 g
Protein (g)	59.6 g	10.1 g
Salt (g)	2.9 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



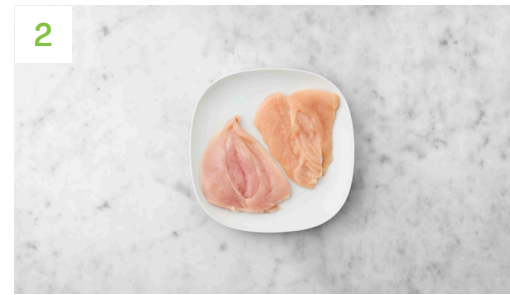
You can recycle me!



Roast the Potatoes

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Halve the **potatoes** lengthways (quarter any larger chunks) and add to a lined baking tray.
- Toss with **Central American spice mix, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Get Prepped

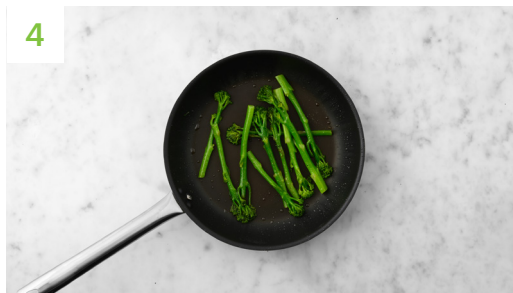
- Pick the **sage leaves**.
- Lay the **chicken** on a board. Place one hand flat on top. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Slice horizontally until there's 2cm left (don't cut all the way through). Open it up like a book.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



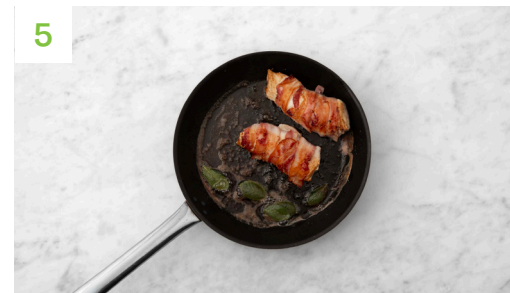
Wrap the Chicken

- Drizzle the **chicken** with **oil** and season lightly with **salt** and **pepper**.
- Divide the **cheese** between the **chicken breasts**, pressing down firmly so it adheres.
- Carefully roll the **chicken** up, encasing the filling.
- Wrap the **bacon** tightly around the **chicken**. Set aside.



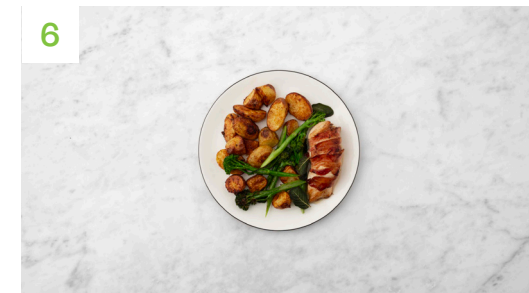
Fry the Broccolini

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccolini** and season with **salt** and **pepper**.
- Fry for 2-3 mins then add a splash of **water** and cover with a lid or some foil.
- Cook until the **broccolini** is tender, 4-5 mins.
- Once cooked, remove from the pan and cover to keep warm.



Baste the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **chicken**, seam-side down. Fry until golden brown, 4-5 mins each side.
- Add a splash of **water**, cover and cook for 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Move the **chicken** to one side of the pan. Add 3 tbsp **butter** (double for 4p). Allow to melt.
- Fry the **sage** in the **butter** until crispy, 2-3 mins. Add the **truffle oil**. Baste the **chicken** in the **butter**.



Finish and Serve

- Plate up your cheesy **chicken**.
- Serve the roast **potatoes** and pan-fried **broccolini** alongside.
- Drizzle the **chicken** with any **sage butter** remaining in the pan.

Enjoy!