



Pesto Stuffed Chicken

with sweet potato mash and chorizo green beans

35 – 40 mins • Egg(s) not included

13



Chicken Breast



Chorizo



Green Pesto



Grated Cheese



Breadcrumbs



Green Beans



Sweet Potato



Garlic



Hazelnuts

Pantry Items: Egg, Salt, Pepper, Oil, Butter, Water, 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, pan with lid, pot with lid, potato masher

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Chorizo	100 g	200 g
Green Pesto	30 g	60 g
Grated Cheese	50 g	100 g
Breadcrumbs	2 packs	4 packs
Green Beans	150 g	300 g
Sweet Potato	2 units	4 units
Garlic	1 unit	2 units
Hazelnuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	635.5 g	100 g
Energy (kJ/kcal)	3907.9 kJ/ 934 kcal	614.9 kJ/ 147 kcal
Fat (g)	39.9 g	6.3 g
Sat. Fat (g)	13.6 g	2.1 g
Carbohydrate (g)	78.9 g	12.4 g
Sugars (g)	15 g	2.4 g
Protein (g)	70 g	11 g
Salt (g)	3 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.

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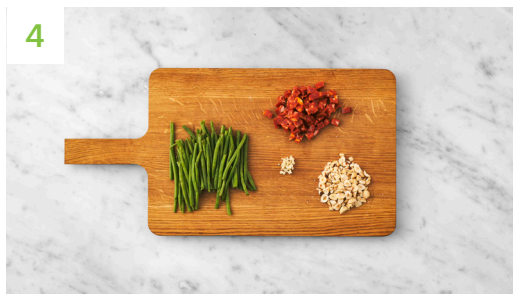
You can recycle me!



Make the Mash

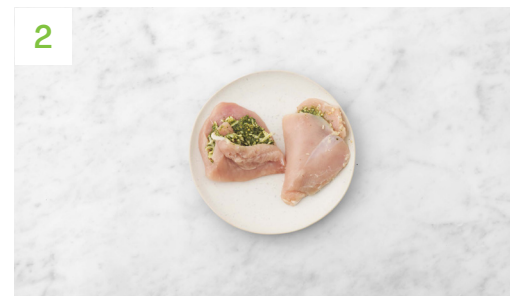
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water**.
- Peel and chop the **sweet potatoes** into 2cm chunks.
- When **water** is boiling, cook until fork tender, 15-20 mins. Drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



Get Prepped

- Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **hazelnuts**.
- Place a pan over medium heat (without oil).
- Once hot, dry-fry the **hazelnuts**, stirring, until toasted, 2-3 mins. Remove from the pan and set aside.
- Return the pan to medium-high heat.
- Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins. Remove from the pan and cover to keep warm.



Stuff the Chicken

- Meanwhile, mix the **pesto** and **cheese** together in a bowl.
- Cut a horizontal pocket into the **chicken**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Stuff the pocket with the **pesto** and **cheese**.
- Season with **salt** and **pepper**.

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



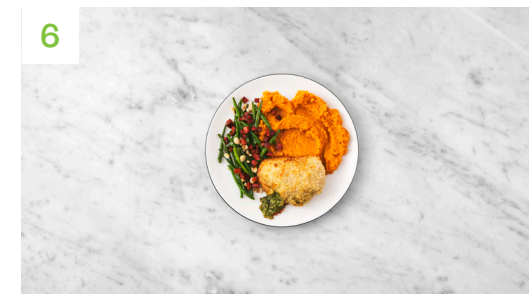
Cook the Green Beans

- Return the pan to medium-high heat with a drizzle of **oil**, if required.
- Once hot, add the **green beans** and fry until starting to char, 2-3 mins.
- Stir in the **garlic**, lower the heat to medium and cook for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-5 mins. Remove the pan from the heat. Season to taste with **salt** and **pepper**.



Bake the Chicken

- Beat 1 **egg** (per 2P) in a bowl.
- Add the **breadcrumbs** to another bowl. Season with **salt** and **pepper**.
- Holding the pocket together, carefully dip the **chicken** first into the **egg** then the **breadcrumbs**. Ensure it's completely coated.
- Place the crumbed **chicken breasts** onto a lined baking tray. Drizzle a little **oil** over the tops of both breasts.
- Bake until cooked through, 20-25 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Finish and Serve

- Divide the cheesy **pesto chicken** between plates.
- Serve the **sweet potato** mash alongside.
- Plate up the tender **green beans**, scattering the **hazelnuts** and **chorizo** over the top.

Enjoy!