



# Bacon-wrapped Chicken al Forno

with mashed potatoes and honeyed carrots

40 – 45 mins

13



Chicken Breast



Bacon



Worcester Sauce



Passata



Mozzarella



Stock



Carrot



Honey



Potatoes



Dried Thyme



Parsley

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



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## 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, oven dish, peeler, pot with lid, potato masher

## Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Bacon	130 g	260 g
Worcester Sauce	1 sachet	2 sachets
Passata	1 pack	2 packs
Mozzarella	125 g	250 g
Stock	1 sachet	2 sachets
Carrot	2 units	4 units
Honey	1 sachet	2 sachets
Potatoes	600 g	1200 g
Dried Thyme	1 sachet	2 sachets
Parsley	5 g	10 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>864 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3828.4 kJ/ 915 kcal	443.1 kJ/ 105.9 kcal
Fat (g)	34.1 g	3.9 g
Sat. Fat (g)	15.3 g	1.8 g
Carbohydrate (g)	89.3 g	10.3 g
Sugars (g)	26.2 g	3 g
Protein (g)	67.8 g	7.8 g
Salt (g)	4.3 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.

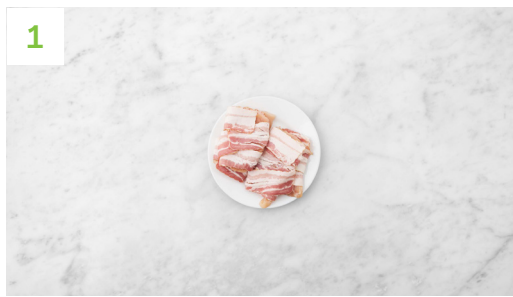
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## Cook the Chicken

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Season the **chicken** with **salt** and **pepper**.
- Wrap the **chicken breast** with the **bacon** strips.
- Pop the **chicken** into an oven dish, seam-side down.
- Roast on the top shelf until cooked through, 25-30 mins. **IMPORTANT:** Wash hands after handling raw meat and its packaging.

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



## Sauce it Up

- Mix **passata**, **thyme**, **stock**, **Worcester sauce** and ¼ tsp **sugar** (per 2P) in a bowl.
- Drain and roughly tear the **mozzarella**.
- When the **chicken** has cooked for 25-30 mins, remove from the oven (be careful—the oven dish is hot), pour the sauce over the **chicken** and scatter the **mozzarella** over the top.
- Return to the top shelf of the oven until **cheese** has melted, 12-15 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



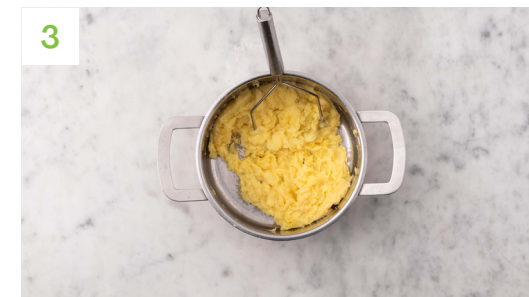
## Roast the Veg

- Meanwhile, 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 the tray halfway through.



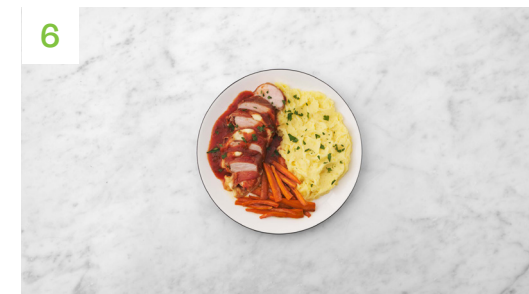
## Finishing Touches

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Once the **carrots** are cooked, toss together with the **honey**.



## Make the Mash

- Meanwhile, peel and chop the **potatoes** into 2cm chunks.
- Place in a pot, cover with **water** and season with **salt**.
- Bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander (reserving a little cooking **water**) and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



## Plate and Serve

- Divide the creamy mash and honeyed **carrots** between plates.
- Serve your **chicken** alongside, drizzling any sauce remaining in the dish over the top.
- Finish with a scattering of **parsley**.

Enjoy!