



# Chorizo Stuffed Chicken Breast

with roast baby potatoes and caramelised onion gravy

35 – 40 mins

13



Irish Chicken Breast



Chorizo



Baby Potatoes



Onion



Green Beans



Breadcrumbs



Thyme



Grated Italian Style Hard Cheese



Demi-Glace

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



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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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper, pan with lid

## Ingredients

	2P	4P
Irish Chicken Breast	320 g	640 g
Chorizo	90 g	180 g
Baby Potatoes	500 g	1000 g
Onion	1 unit	2 units
Green Beans	150 g	300 g
Breadcrumbs	1 pack	1 pack
Thyme	5 g	10 g
Grated Italian Style Hard Cheese	1 unit	2 units
Demi-Glace	1 sachet	2 sachets

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	512.3 kJ/ 122.4 kcal
Fat (g)	4.8 g
Sat. Fat (g)	2.4 g
Carbohydrate (g)	11.3 g
Sugars (g)	1.7 g
Protein (g)	9.2 g
Salt (g)	0.4 g

See site or app for detailed nutritional info.

## Allergens

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

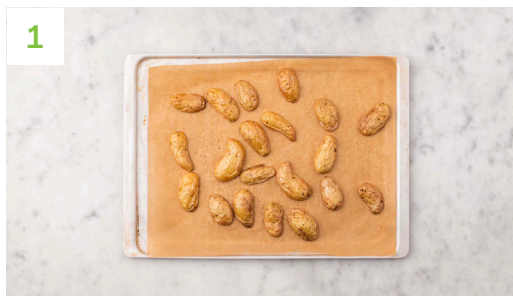
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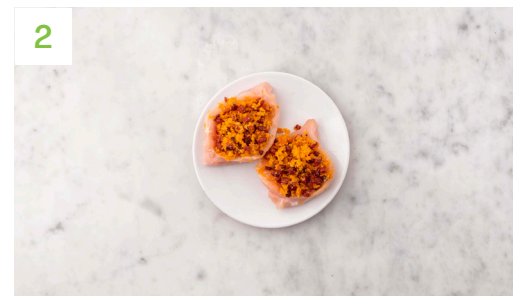
### Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve, peel and thinly slice the **onion**.
- Halve the **potatoes** lengthways. Drizzle with **oil** and season with **salt** and **pepper**.
- Rub the **oil** over the **potatoes** then lay them cut-side down on the baking tray.
- Roast on the top shelf of the oven until fork tender, 25-35 mins. Turn the tray halfway through cooking.



### Make the Gravy

- Place a pot over medium heat with a drizzle of **oil**.
- Once hot, fry the **onion** until golden, stirring occasionally, 8-10 mins.
- Add 1 tsp **sugar** (per 2P) and 1 tbsp **flour** (per 2P). Cook, stirring, 1-2 mins.
- Add the **thyme**, **demi-glace** and 150ml **water** (per 2P).
- Bring to the boil and simmer until thickened slightly, 3-4 mins. Season to taste with **salt** and **pepper**.



### Stuff the Chicken

- Place a pan over medium-high heat with 2 tbsps **butter** (per 2P).
- Fry the **chorizo**, 2-3 mins.
- Remove the pan from the heat. Add the **breadcrumbs** and **cheese**.
- Cut a pocket lengthways into the **chicken**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and packaging.
- Spoon the **chorizo** mix into the pocket.

**TIP:** Notice a stronger smell from the chicken? This is normal due to packaging used to keep it fresh.



### Fry the Green Beans

- Meanwhile, wipe and return the pan to medium-high heat with a drizzle of **oil**.
- Trim the **green beans**.
- Once the **oil** is hot, add the **green beans** to the pan. Season with **salt** and **pepper**.
- Fry until starting to char, 2-3 mins, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **green beans** are tender, 4-5 mins.



### Cook the Chicken

- Lower the heat of the oven to 220°C/200°C fan/gas mark 7.
- Season the outside of the **chicken** with **salt** and **pepper**. Drizzle with **oil** to coat evenly.
- Place the stuffed **chicken breasts** alongside the **potatoes** on the baking tray.
- Roast until cooked through, 18-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

**TIP:** Use two baking trays if necessary.



### Finish and Serve

- Remove the **thyme** sprig from the **onion** gravy and discard.
- Divide the roast **baby potatoes**, **chicken** and tender **green beans** between plates.
- Pour the **onion** gravy over the cheesy **chorizo** stuffed **chicken**.

**Enjoy!**