



More Than Food

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Butterflied Chicken with Feta, Leek and Minted Potatoes

For tonight's dinner, we've sourced potatoes from our awesome potato people at Linroyale. They have been selecting their little bundles of treasure for four generations now and put an incredible amount of passion and care into what they do. Go check them out at www.linroyale.co.uk to see where your 'taters come from!

 30 mins

 gluten free

 healthy



New Potatoes



Leek



Cherry Tomatoes



Balsamic Vinegar



Chicken Breast




Feta Cheese



Mint

Ingredients

	2P	4P
New Potatoes, quartered	1 pack	2 packs
Leek, sliced	1	2
Cherry Tomatoes, halved	1 punnet	2 punnets
Balsamic Vinegar 1	1 tbsp	2 tbsp
Chicken Breast	2	4
Feta Cheese 2	1 block	2 blocks
Mint, shredded	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | 2) Milk

Nutrition per serving: Calories: 424 kcal | Protein: 38 g | Carbs: 37 g | Fat: 12 g | Saturated Fat: 8 g



1 Boil a pot of water with $\frac{1}{4}$ tsp of salt for your new potatoes. Chop the new potatoes into quarters. Chop off the root and the very top of the green leafy part from the leek. Slice the leek in half lengthways and then very, very thinly slice widthways.



2 Heat 1 tbsp of olive oil in a frying pan on medium heat and add the leeks. Cook them gently for around 10 mins until soft and sweet. Remove from the heat.



3 Slice your tomatoes in half and pop them in a bowl together with $\frac{1}{2}$ tbsp of olive oil, the balsamic vinegar, a few good grinds of black pepper and $\frac{1}{4}$ tsp of salt.

4 Lay each chicken breast on the chopping board and slice into it from the side. Open it up like a book. You've now butterflied your chicken!



5 Turn your grill to high heat. Rub a little bit of olive oil onto each chicken breast. Season with a little pinch of salt and pepper and lay on a baking tray. Place under the grill on the highest shelf for 5-6 mins on one side. Then take the tray out of the oven and turn the chicken breasts over. Add the tomatoes

to the baking tray and pop back under the grill to cook for another 5-6 mins. **Tip:** Add the remaining marinade from your bowl into the pan too for extra flavour. **Tip:** The chicken is cooked when no longer pink in the middle.

6 Whilst the chicken is grilling, add your potatoes to the pot with boiling water, for 10 mins. **Tip:** The potatoes are cooked when you can easily stick a knife through them. Once they are cooked, drain them.

7 Meanwhile, crumble the feta into the cooled leek mixture. Taste the mixture and add a bit of salt and pepper if it needs it. **Tip:** Feta is pretty salty already, so make sure you taste as you go to get the seasoning just right. Spread the leek mixture over the top of the grilled chicken and put back under the grill (keep the tomatoes on the baking tray too). Cook for another minute or two until the top is nice and golden.

8 Once drained, toss the potatoes in a little butter if you have some (or some olive oil). Sprinkle over a little salt and pepper. Finely shred your mint leaves and sprinkle them over the potatoes too. Serve with your chicken and tomatoes on the side and savour!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!