



Easy Hot Honey Bacon Wrapped Chicken

with Oven-Ready Cauliflower Cheese and Baby Leaf Salad

37

3 Step Prep

Prep Time: 5 Minutes • Cook Time: 25-30 Minutes • Mild Spice • 1 of your 5 a day



British Chicken Breasts



British Streaky Bacon



Cauliflower Cheese



Hot Sauce



Honey



Baby Leaf Mix



Baby Plum Tomatoes



French Dressing

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray.

Ingredients

Ingredients	2P	3P	4P
British Chicken Breasts**	2	3	4
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Cauliflower Cheese** 7) 9)	350g	700g	700g
Hot Sauce	50g	75g	100g
Honey	15g	22g	30g
Baby Leaf Mix**	50g	70g	100g
Baby Plum Tomatoes	125g	250g	250g
French Dressing 9)	30g	60g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	1966 /470	477 /114
Fat (g)	22.7	5.5
Sat. Fat (g)	9.2	2.2
Carbohydrate (g)	16.6	4.0
Sugars (g)	11.5	2.8
Protein (g)	50.3	12.2
Salt (g)	2.01	0.49

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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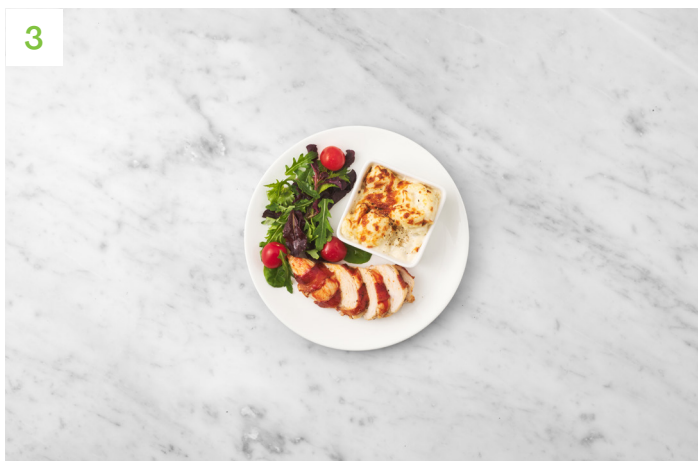
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2



3



Let's Bake

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Wrap each **chicken breast** with **2 rashers** of **bacon**.
- Pop onto a baking tray. Roast on the middle shelf, 25-30 mins. **IMPORTANT:** Wash hands after handling raw meat and its packaging. Cook so there's no pink in the middle.

Cauli Time

- Meanwhile, remove the outer sleeve and plastic film from the top of the **cauliflower cheese**.
- Place on another baking tray. Bake on the top shelf, 20-25 mins.
- Once the **chicken** is cooked, remove from the oven.
- Drizzle over the **hot sauce** and **honey**. Turn to coat. **TIP:** Pop hardened honey into hot water for 1 min.

Dinner's Ready!

- Transfer the **chicken** to your plates with any remaining **sauce** from the tray.
- Serve the **cauli cheese** on the side.
- Add the **baby leaves** and **tomatoes** to your plates. Drizzle over the **French dressing** to finish.

Enjoy!