



More Than Food
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Hunter's Chicken with Potato Wedges and Homemade Baked Beans

Nothing makes our hearts sing like the words 'all day breakfast'. Mimi loves her breakfast so much that she whipped together this delicious chicken dish with all of her favourite breakfast elements: bacon, beans and chips. This meal is so tasty you may find it appearing on your table more frequently than just at dinner time.

30 mins

2 of your 5 a day

family box



Potato
(2 packs)



Chicken Breast (4)



BBQ Sauce
(6 tbsps)



Streaky Bacon Rashers
(4)



Onion (1)



Cannellini Beans (1 tin)



Smoked Paprika
(1½ tsp)



Tomato Passata
(1 carton)



Baby Spinach
(1 bag)



Cheddar Cheese
(80g)


4 PEOPLE INGREDIENTS

- Potato, chopped
- Chicken Breast
- BBQ Sauce
- Streaky Bacon Rashers
- Onion, chopped

2 packs
4
6 tbsp
2
1

- Cannellini Beans
- Smoked Paprika
- Tomato Passata
- Baby Spinach
- Cheddar Cheese, grated

1 tin
1½ tsp
1 carton
1 bag
80g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Cannellini beans are also called 'white kidney beans'.

Allergens: Fish, Milk, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	875 kcal / 3602 kJ	27 g	7 g	65 g	14 g	88 g	2 g
Per 100g	131 kcal / 540 kJ	4 g	1 g	10 g	2 g	13 g	0 g

BBQ Sauce: Sugar and Cane Molasses (40%), Tomato Purée (17%), Water, Malt Vinegar (from Barley), Horseradish (4%), Worcestershire Sauce (Malt Vinegar (from Barley), Spirit Vinegar, Molasses, Sugar, Salt, **Anchovies** (Fish), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Maple Syrup (3%), **Soy** Sauce (Water, Salt, **Soybean**, **Wheat** Flour), Thickener: Modified Maize Starch, Seasoning (Salt, Smoke Powder (Smoke Flavouring) Honey Powder, Natural Flavouring Extracts).

1



1 Preheat your oven to 200 degrees. Chop the **potato** into wedges about the length and width of your index finger and put on a baking tray. Drizzle a good glug of **oil**, sprinkle over a pinch of **salt** and pop on the top shelf of your oven for 30-35 mins, or until browned and slightly crispy.

2



2 Meanwhile, put each **chicken breast** in a bowl and pour over two-thirds of the **BBQ sauce**, a good pinch of **salt** and a grind of **black pepper**. Mix together with your hands to ensure your **chicken** gets a good coating of **BBQ sauce**. Wrap a rasher of **bacon** around each **chicken breast** (see picture) and place on a baking tray. If you have any **BBQ sauce** left in the bowl, scrape it out onto the top of your **chicken**.

3



3 Pop your **chicken** in your oven, on the middle shelf for 25-30 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

4



4 While your chicken and wedges are cooking, you can get on with the baked beans! Cut the **onion** in half through the root, peel and chop into 1cm pieces. Put your **onion** in a frying pan with a drizzle of **oil** on medium heat and cook for 5 mins. Drain, rinse and add the **cannellini beans**. Once your **onion** is soft, add the **smoked paprika** and cook for 1 minute more.

5 Add the **tomato passata**, fill the empty carton three-quarters full with **water** and add this as well. Sprinkle in a pinch of **salt**, a good grind of **black pepper** and mix everything together. Simmer gently for 7 mins, then remove from the heat, add the **baby spinach** and pop a lid on. Leave to the side for 5-7 mins until your **spinach** has wilted, then stir it through.

6 Grate the **cheese**. As soon as your **chicken** is cooked, remove from your oven and move your **potato wedges** to the middle shelf. Preheat your grill to high. Divide your **cheese** evenly between each **chicken breast** then place under your grill for 3-5 mins or until your **cheese** is browned and bubbly.

7 Serve your **chicken** with your **potato wedges** and **homemade baked beans** on the side. Enjoy!

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