



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



2 of your
5 a day



mealkit



family box



New Potatoes
(2 packs)



Leek
(4)



Chicken Breast
(4)



Feta Cheese
(2 blocks)




Mint
(1 bunch)

4 PEOPLE INGREDIENTS

- New Potatoes, quartered **2 packs**
- Leek, sliced **4**
- Chicken Breast **4**

- Feta Cheese
- Mint

- 2 blocks**
- 1 bunch**

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

Did you know...

Mint gets its telltale enticing aroma from menthol, an essential oil present in its leaves.

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	433 kcal / 1818 kJ	15 g	9 g	31 g	6 g	46 g	1 g
Per 100g	90 kcal / 376 kJ	3 g	2 g	6 g	1 g	10 g	0 g

1

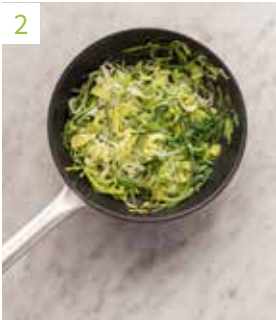


1 Boil a pot of **water** with a pinch of **salt**. Cut the **new potatoes** into quarters. Cut off the root and the green leafy part from the leek. Slice your leek in half lengthways and then very, very thinly slice widthways.

2 Heat a splash of **olive oil** in a frying pan on medium heat and add your **leek**. Cook for around 10 mins until soft. Remove from the heat.

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

2



4 Set your grill to high heat. Rub a little bit of **olive oil** onto each **chicken breast**. Season with a little pinch of **salt** and **black pepper** and lay on a baking tray. Place under your grill on the highest shelf for 5-6 mins on one side, then take the tray out from under your grill, turn your **chicken** over and pop back under for another 5-6 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

5 Whilst your chicken is grilling, add your **potatoes** to the pot of boiling water for 10 mins. **Tip:** *The potatoes are cooked when you can easily slip a knife through.* Once they are cooked, drain them and return to the pot off the heat.

3



6 Crumble the **feta** into your cooled **leek mixture**. Taste the mixture and add a bit of **salt** and **black pepper** if necessary. **Tip:** *Feta is pretty salty already, so make sure you taste as you go to get the seasoning just right.* Spread your **leek mixture** over the top of your **chicken** and put back under your grill. Cook for another minute or two until the top is nice and golden.

6



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

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