



# Crispy Cheese Topped Chicken with Herby Roast Potatoes and Broccoli

Family 35-45 Minutes • 2 of your 5 a day

7



Potatoes



Dried Oregano



Chicken Fillet



Garlic Clove



Cream Cheese



Grated Hard  
Italian Style Cheese



Panko Breadcrumbs



Broccoli

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Tomato Ketchup

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, bowl, saucepan and colander.

## Ingredients

| Ingredients                              | 2P       | 3P       | 4P        |
|--|----------|----------|-----------|
| Potatoes                                 | 450g     | 700g     | 900g      |
| Dried Oregano                            | 1 sachet | 1 sachet | 2 sachets |
| Chicken Fillet**                         | 2        | 3        | 4         |
| Garlic Clove**                           | 1        | 2        | 2         |
| Cream Cheese** 7)                        | 50g      | 100g     | 100g      |
| Grated Hard Italian Style Cheese** 7) 8) | 25g      | 40g      | 40g       |
| Panko Breadcrumbs 13)                    | 10g      | 25g      | 25g       |
| Broccoli**                               | 1        | 1        | 2         |

| Pantry                   | 2P     | 3P     | 4P     |
|--------------------------|--------|--------|--------|
| Olive Oil for the Crumb* | 2 tbsp | 3 tbsp | 4 tbsp |
| Tomato Ketchup*          | 2 tbsp | 3 tbsp | 4 tbsp |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values for uncooked ingredient | Per serving       | Per 100g         |
|--|-------------------|------------------|
| Energy (kJ/kcal)                       | 621g / 2670 / 638 | 100g / 430 / 103 |
| Fat (g)                                | 22.8              | 3.7              |
| Sat. Fat (g)                           | 8.7               | 1.4              |
| Carbohydrate (g)                       | 53.9              | 8.7              |
| Sugars (g)                             | 10.1              | 1.6              |
| Protein (g)                            | 55.1              | 8.9              |
| Salt (g)                               | 1.09              | 0.18             |

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

## Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over the **dried oregano**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer.

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

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Say Cheese

Spread the **cream cheese mixture** over the top of each **chicken fillet**, then sprinkle over the **breadcrumbs**.

Bake on the top shelf of your oven until golden and cooked through, 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Butterfly the Chicken

Lay a **chicken fillet** onto your chopping board, place your hand flat on top and slice into it from the side until there's 2cm left (be careful not to slice all the way through). Open it up like a book - you have **butterflied** your **chicken**!

Repeat with the remaining **fillet(s)**, then place onto a lightly oiled baking tray. Set aside.

**IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Bring on the Broccoli

While the **chicken** cooks, bring a large saucepan of **water** to the boil with **1/2 tsp salt**.

Cut the **broccoli** into florets (like small trees), halving any large ones.

When about 5 mins of baking time remain, add the **broccoli** to the **boiling water** and cook until just tender, 3-5 mins, then drain in a colander.



## Make the Toppings

Peel and grate the **garlic** (or use a **garlic press**). Put the **cream cheese** into a medium bowl with the **garlic** and **half** the **grated hard Italian style cheese**. Season with **salt** and **pepper**, then mix to combine.

Put the remaining **hard Italian style cheese** in another medium bowl with the **panko breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season and mix well.



## Serve

If you'd like to, cut your **cheesy chicken** into 2cm slices, then serve with the **roast potatoes** and **broccoli** alongside.

Finish with a dollop of **ketchup** (see pantry for amount) for dipping.

Enjoy!