



HUNTER'S CHICKEN

with Potato Wedges and Homemade Baked Beans



HELLO CANNELLINI BEANS

Cannellini beans are also called 'white kidney beans'.



Potato



Chicken Breast



BBQ Sauce



Streaky Bacon Rashers



Cannellini Beans



Onion



Smoked Paprika



Tomato Passata



Baby Spinach



Cheddar Cheese

MEAL BAG

Total: 40 mins

2.5 of your 5 a day

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 potatoes. This meal is so tasty you may find it appearing on your table more frequently than just at dinner time.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, a **Mixing Bowl**, **Colander**, **Frying Pan** (with a **Lid**) and Coarse **Grater**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** (no need to peel!) into wedges about the size of your index finger. Pop them on a baking tray in a single layer. Drizzle over a good glug of **oil**, sprinkle on a pinch of **salt** and toss to coat. Roast on the top shelf of your oven until browned and slightly crispy, 30-35 mins.



2 COAT THE CHICKEN

Meanwhile, put the **chicken breasts** in a mixing 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 the **chicken** gets a good coating of the sauce. Wrap a rasher of **bacon** around each **chicken breast** (see picture) and place on a lightly oiled baking tray. If you have any BBQ sauce left in the bowl, scrape it out onto the top of the **chicken**.



3 PREP THE BEANS

Roast the **chicken** on the middle shelf of your oven for 25-30 mins. **TIP:** The **chicken** is cooked when it is no longer pink in the middle. Drain and rinse the **cannellini beans** in a colander. Halve, peel and chop the **onion** into roughly 1cm pieces. Heat a drizzle of **oil** in a frying pan on medium heat, add the **onion** and cook until soft, 5 mins. Add the **smoked paprika**, stir and cook for 1 minute more.



4 SIMMER THE BEANS

Pour in the **tomato passata**, fill the empty carton three-quarters with water and add along with the **cannellini beans**. Season with a pinch of **salt** and **pepper**, mix everything together. Simmer gently until reduced, 7 mins. Remove from the heat, add the baby **spinach** and pop a lid on. Leave to the side until the **spinach** has wilted, 5-7 mins, then stir it through your **beans**. Taste and add more **salt** and **pepper** if it needs it.



5 GRILL THE CHEESE

Grate the cheddar **cheese**. When the **chicken** is cooked, remove it from your oven and lower the **potato wedges** to the middle shelf. Preheat your grill to high. Divide the **cheese** evenly between each **chicken breast**, then place under your grill until the **cheese** is brown and bubbling, 3-5 mins.



6 FINISH AND SERVE

Serve the hunter's **chicken** with the **potato wedges** and homemade baked **beans** on the side and a dollop of the remaining BBQ sauce (not the sauce you mixed with your **chicken** though!). **Enjoy!**

4 PEOPLE INGREDIENTS

Potato, chopped	2 packs
Chicken Breast	4
BBQ Sauce ¹³	6 tbsps
Streaky Bacon Rashers	4
Cannellini Beans	1 tin
Onion, chopped	1
Smoked Paprika	1½ tsp
Tomato Passata	1 carton
Baby Spinach	1 large bag
Cheddar Cheese, grated ⁷	90g

*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	669	101
(kJ)	2818	425
Fat (g)	20	3
Sat. Fat (g)	9	1
Carbohydrate (g)	65	10
Sugars (g)	14	2
Protein (g)	59	9
Salt (g)	2.3	0.35

ALLERGENS

⁷Milk ¹³Gluten

BBQ sauce: Tomato Puree, Sugar and Cane Molasses (21%), Water, Spirit Vinegar, Honey (5%), Black Treacle (4%), Rapeseed Oil, Seasoning (2%) (Salt, Sugar, Smoke Powder (Smoke Flavouring), Honey Powder, Tomato Powder, Thickener: Modified Maize Starch, Natural Flavouring Extracts, Smoke Flavouring, Garlic Powder, Onion Powder, Spices, **Barley Malt Extract**, Stabiliser: Xanthan Gum), Thickener: Modified Maize Starch, Worcestershire Sauce (Malt Vinegar (from Barley), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Garlic Puree, Preservative: Sorbic Acid

👍 THUMBS UP OR THUMBS DOWN?

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