



Goat Cheese Stuffed Chicken

with Roasted Zucchini Salad

Carb Smart

35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Goat Cheese



Arugula and Spinach Mix



Red Wine Vinegar



Sweet Bell Pepper



Zucchini



Chives



Roasted Red Peppers

HELLO GOAT CHEESE

Tart, tangy and sweet! Mixed with roasted red peppers for the perfect balance of flavours!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Goat Cheese	28 g	56 g
Arugula and Spinach Mix	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Zucchini	200 g	400 g
Chives	7 g	14 g
Roasted Red Peppers	170 ml	340 ml
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Roast veggies

Cut **zucchini** into ½-inch thick rounds. Core, then cut the **sweet bell pepper** into ½-inch pieces. Toss **zucchini** and **peppers** with ½ **tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 15-16 min.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4ppl), then the **chicken**. Sear until golden-brown, 2-3 min per side. Transfer the **chicken** another parchment-lined baking sheet. Bake in the **top** of the oven until **chicken** is cooked through, 7-8 min.**



Prep

Thinly slice the **chives**. Drain, then pat the **roasted red peppers** dry with paper towel. Roughly chop the **roasted red peppers**. Add the **roasted red peppers, tomatoes, goat cheese** and **half the chives** to a small bowl. Stir to combine.



Toss salad

Let the **roasted veggies** cool slightly, 2-3 min. While the **veggies** cool, whisk together the **vinegar, 1 tbsp oil** (dbl for 4ppl) and the **remaining chives** in a large bowl. Add **roasted veggies** and the **arugula and spinach mix** to the large bowl with the **dressing**. Toss to combine.



Stuff chicken

Pat the **chicken** dry with paper towels. Carefully slice into centre of **each breast**, parallel to the cutting board, leaving 1-inch intact on the other end. Open up **each breast** like a book and season with **salt** and **pepper**. Divide **goat cheese filling** between **each breast**, then fold closed. Set aside.



Finish and serve

Divide the **chicken** and **salad** between plates.

Dinner Solved!