



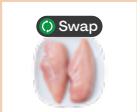
Jalapeño Popper-Stuffed Chicken

with BBQ-Spiced Potatoes and Green Beans

Special

Spicy

30 Minutes



Organic Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts
2 | 4



Bacon Strips
100 g | 200 g



Yellow Potato
350 g | 700 g



BBQ Seasoning
1 tbsp | 2 tbsp



Jalapeño
½ | 1



Cheddar Cheese, shredded
¼ cup | ½ cup



Cream Cheese
½ | 1



Green Beans
170 g | 340 g



Crispy Shallots
28 g | 56 g



Lemon
1 | 1

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, salt, pepper, unsalted butter

Cooking utensils | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, small bowl, zester

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes** and cut into ½-inch pieces.
- To an unlined baking sheet, add **potatoes**, **half the BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil**.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 22-25 min, flipping halfway through, until tender and golden.

2



Prep

- Meanwhile, core, then finely chop **half the jalapeño** (whole jalapeño for 4 servings.) (**TIP:** We suggest using gloves when prepping jalapeños.)
- Zest **half the lemon** (use same for 4 servings), then cut into wedges.
- In a small bowl, combine **jalapeños**, **lemon zest**, **half the cream cheese** (use all for 4 servings) and **cheddar cheese**.

3



Prep chicken

🔄 Swap | **Organic Chicken Breasts**

- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end. Open up **chicken** like a book.
- Pat dry with paper towels, then season with **remaining BBQ Seasoning**, **salt** and **pepper**.
- Dollop **jalapeño mixture** onto one side of **each chicken breast**. Close the other side over **filling**.

4



Cook bacon-wrapped chicken

- Wrap **2 bacon strips** around **each stuffed chicken breast**. (**TIP:** Overlapping strips by ½ inch helps keep bacon on chicken.)
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **bacon-wrapped chicken**.
- Pan-fry 2-3 min per side, until golden.
- Transfer to a parchment-lined baking sheet.
- Roast in the **middle** of the oven for 16-18 min, until cooked through.**

5



Cook green beans

- Meanwhile, trim **green beans**.
- Wipe the pan clean, then reheat over medium.
- When hot, add **green beans** and **¼ cup** (½ cup) **water**.
- Cook 4-5 min, stirring occasionally, until water evaporates.
- Add **1 tbsp** (2 tbsp) **butter**. Cook 1-2 min, stirring constantly, until **butter** melts and coats **green beans**.
- Season with **salt** and **pepper**.
- Remove from heat, then cover to keep warm.

6



Finish and serve

- Let **chicken** rest for 5 min before serving.
- Divide **potatoes**, **green beans** and **chicken** between plates.
- Squeeze a **lemon wedge** over **green beans**, if you like, then sprinkle **crispy shallots** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Prep chicken

🔄 Swap | **Organic Chicken Breasts**

If you've opted to get **organic chicken breasts**, prep and cook them the same way the recipe instructs you to prep and cook the **regular chicken breasts**.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook chicken and bacon to minimum internal temperatures of 165°F and 160°F, respectively.