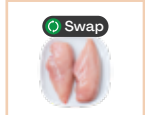




Balsamic Bacon-Wrapped Chicken

with Roasted Potatoes and Fresh Salad

Special 45 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](http://www.hellofresh.ca)



- Chicken Breasts ⁺
2 | 4
- Bacon Strips
100 g | 200 g
- Red Potato
350 g | 700 g
- Spring Mix
113 g | 227 g
- Tomato
1 | 2
- Lemon
1 | 2
- Parmesan Cheese, shredded
¼ cup | ½ cup
- Crispy Shallots
28 g | 56 g
- Balsamic Glaze
1 tbsp | 2 tbsp
- Mayonnaise
2 tbsp | 4 tbsp
- Italian Seasoning
½ tbsp | 1 tbsp
- Garlic, cloves
1 | 2

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.

Pantry items | Oil, salt, pepper

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

1



Prep potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:** ⅙ tsp (¼ tsp) mild, ¼ tsp (½ tsp) medium and ½ tsp (1 tsp) extra!
- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the Italian seasoning** (use all for 4 ppl) and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.

4



Sear chicken

[Swap](#) | [Organic Chicken Breasts](#)

- On a separate cutting board, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Wrap **2 bacon strips** around **each piece of chicken**. (**TIP:** Overlapping strips by 1 inch helps keep bacon on chicken.)
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden, 2-3 min per side.

2



Roast potatoes

- Roast **potatoes** in the **top** of the oven, flipping halfway through. (**NOTE:** Gather potatoes to the centre of the baking sheet after flipping.)
- Sprinkle **half the Parmesan** over top.
- Continue roasting until **potatoes** are tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)

5



Roast chicken

- Transfer **chicken** to an unlined baking sheet.
- Roast in the **bottom** of the oven until cooked through, 16-18 min.**

3



Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Cut **tomatoes** into ¼-inch pieces. Season with **salt**.
- Peel, then mince or grate **garlic**.
- Add **mayo**, **¼ tsp** (1 tsp) **lemon zest**, **½ tbsp** (1 tbsp) **lemon juice** and **¼ tsp** (½ tsp) **garlic** to a small bowl. Stir to combine. (**NOTE:** Reference garlic guide.)

6



Finish and serve

- Add **spring mix**, **tomatoes** and **dressing** to a large bowl. Toss to coat.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Sprinkle **crispy shallots** and **remaining Parmesan** over **salad**.
- Drizzle **half the balsamic glaze** (use all for 4 ppl) over **chicken**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

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.

4 | Sear chicken

[Swap](#) | [Organic Chicken Breasts](#)

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

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

** Cook bacon and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.