



Maple Bacon-Wrapped Chicken

with Loaded Sous Vide Potatoes

Special

35 Minutes



Chicken Breasts



Bacon Strips



Sous Vide Potatoes



Green Onion



Arugula and Spinach Mix



Maple Syrup



BBQ Seasoning



Cheddar Cheese, shredded



White Wine Vinegar



Salad Topping Mix

HELLO BACON

The ultimate salty, smoky flavour booster!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Bacon Strips	100 g	200 g
Sous Vide Potatoes	280 g	560 g
Green Onion	2	2
Arugula and Spinach Mix	56 g	113 g
Maple Syrup	2 tbsp	4 tbsp
BBQ Seasoning	2 tbsp	4 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
White Wine Vinegar	1 tbsp	2 tbsp
Salad Topping Mix	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

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

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

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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



Prep chicken

- Pat **chicken** dry with paper towels. Season with **half the BBQ Seasoning** and **pepper**.
- Wrap **2 bacon strips** around **each chicken breast**. (**TIP**: Overlapping strips by 1 inch helps keep bacon on chicken when roasting!)



Make salad

- Meanwhile, thinly slice **green onions**.
- Add **vinegar**, **remaining maple syrup** and **1 tbsp** (2 tbsp) **oil** to another large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **arugula and spinach mix**, **salad topping mix** and **half the green onions**. Toss to combine.



Cook chicken

- Line a baking sheet with parchment.
- Add **half the maple syrup** to a small bowl, for brushing onto **chicken**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **bacon-wrapped chicken**. Pan-fry until golden, 2-3 min per side.
- Transfer **chicken** to the prepared baking sheet. Brush **maple syrup** from the small bowl over **tops of chicken**.
- Roast **chicken** in the **top** of the oven until cooked through, 16-18 min. **



Finish and serve

- Thinly slice **chicken**, if desired.
- Divide **bacon-wrapped chicken**, **potatoes** and **salad** between plates.
- Sprinkle **remaining green onions** over **potatoes**.

Dinner Solved!



Roast sous vide potatoes

- Drain, then pat **potatoes** very dry with paper towels.
- Add **potatoes**, **1 tbsp** (2 tbsp) **oil** and **remaining BBQ Seasoning** to a large bowl. Season with **pepper**, then toss to coat.
- Arrange **potatoes** in a single layer on another parchment-lined baking sheet.
- Roast in the **middle** of the oven until golden-brown, 15-18 min.
- When **potatoes** are done, sprinkle **cheese** over top.