



Carluccio's-Style Chicken Saltimbocca

with Italian-Style Roasted Potatoes and Asparagus

Limited Edition 45 Minutes • 1 of your 5 a day

Nº 26



Potato



Plain Flour



Grated Hard Italian Style Cheese



Asparagus



Echalion Shallot



Garlic Clove



Sage



Chicken Breasts



Serrano Ham



Cider Vinegar



Chicken Stock Powder



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Baking Trays, Saucepan, Colander, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Plain Flour 13)	8g	16g	16g
Grated Hard Italian Style Cheese 7) 8)**	1 pack	1 pack	2 packs
Asparagus**	200g	300g	400g
Echalion Shallot**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Sage**	½ bunch	1 bunch	1 bunch
Chicken Breasts**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Unsalted Butter 7)**	30g	60g	60g
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2628/628	462/110
Fat (g)	23	4
Sat. Fat (g)	13	2
Carbohydrate (g)	47	8
Sugars (g)	3	1
Protein (g)	59	10
Salt (g)	2.29	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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1



Start the Potatoes

Fill and boil your kettle. Preheat your oven to 220°C. Pour a good glug of **oil** onto a baking tray (to completely cover the bottom) and pop onto the top shelf of your oven. Pour the boiling **water** into a large saucepan on high heat with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel!). Carefully add the **potatoes** to the boiling **water** and cook for 5-6 mins, or until the edges have softened when you poke them with a knife.

2



Roast the Potatoes

Once the **potatoes** are ready, drain in a colander, pop them back into the pan then sprinkle on the **flour** and **grated hard Italian style cheese**. Pop a lid on the pan and give your pan a shake to fluff up the **potato** and mix in the **cheese** and **flour**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season the **potatoes** with **salt**, then roast on the top shelf of your oven until golden, 30-35 mins, turning halfway through.

3



Finish the Prep

Meanwhile, trim the bottom 2cm from the **asparagus** and pop onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread them out in a single layer and set aside. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pick the **sage leaves** off their stalks (4 per person). Sandwich each **chicken breast** between two pieces of clingfilm, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick all over. **IMPORTANT:** Wash your hands after handling raw meat.

4



Cook the Chicken

Heat a drizzle of **oil** in a frying pan on high heat. Season the **chicken** with **salt** and **pepper**, then place **2 sage leaves** on each **breast**, followed by a rasher of **serrano ham**. Once the **oil** is really hot, carefully lay in the **chicken breasts**, ham side down and cook until browned and crispy, 5-6 mins, turn down the heat if necessary. Turn and cook for 4-5 mins on the other side. Once cooked, transfer to a plate, cover with foil and set aside to rest. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Keep your pan - you'll need it for the sauce!

5



Sauce Time!

10-12 mins before your **roast potatoes** are ready, pop the **asparagus** on the middle shelf of your oven to roast until tender, 10-12 mins. Put your frying pan back on medium heat and add a drizzle of **oil**. Add the **shallot** and stir-fry until softened, 3-4 mins. Add in the **garlic** and remaining **sage leaves** and cook, stirring for 1 minute, then add the **vinegar** and allow it to evaporate, 1-2 mins. Pour in the **water** (see ingredients for amount) and **chicken stock powder**, bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter** until melted, then take it all off the heat.

6



Finish and Serve

Taste the **sauce** and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water too if the liquid has evaporated too much and reheat if necessary. Serve the **chicken** with the roast **potatoes** and **asparagus** alongside. Drizzle over the **sauce**.

Enjoy!