



Cheesy Chicken and Serrano Ham Parmigiana with Buttery Mashed Potatoes and Garlicky Green Beans

Premium 40-45 Minutes • 1 of your 5 a day

33



Potatoes



Chives



Green Beans



Garlic Clove



Mozzarella



Chicken Fillet



Serrano Ham



Tomato Puree



Finely Chopped Tomatoes with Basil



Chicken Stock Paste



Grated Hard Italian Style Cheese



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, baking paper, cling film, saucepan, frying pan, ovenproof dish, colander, potato masher, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove**	2	3	4
Mozzarella** 7)	1 ball	1½ balls	2 balls
Chicken Fillet**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Tomato Puree	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Unsalted Butter** 7)	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	733g	100g
Energy (kJ/kcal)	2888 /690	394 /94
Fat (g)	23.8	3.3
Sat. Fat (g)	13.5	1.9
Carbohydrate (g)	58.1	7.9
Sugars (g)	16.6	2.3
Protein (g)	61.1	8.3
Salt (g)	4.35	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.
Bring a medium saucepan of **water** to the boil with **½ tsp salt**.

Peel and chop the **potatoes** into 2cm chunks.
Roughly chop the **chives** (use scissors if easier).
Trim the **green beans**.

Peel and grate the **garlic** (or use a garlic press).
Drain the **mozzarella** and tear it into small chunks.
Once your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Make the Sauce

Pop your (now empty) frying pan back on medium-high heat and add the **tomato puree** and **half the garlic**. Fry for 1 min.

Stir in the **chopped tomatoes, chicken stock paste** and a pinch of **sugar** (if you have any), then bring to the boil. Simmer until thickened, 5-6 mins. Taste and add **salt** and **pepper** if needed.

Pour the **sauce** over the **chicken**, then scatter the **mozzarella** and **grated hard Italian style cheese** over the top.



Bash the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

Season the **chicken** with **salt** and **pepper**, then place a **slice of Serrano ham** over each **breast** lengthways. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



Mash the Potatoes

Bake the **chicken** in the oven until the **cheese** is golden and bubbling, 12-15 mins.

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add the **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir in **half the chives**. Cover with a lid to keep warm.

Meanwhile, wash your frying pan and pop back on medium-high heat with a drizzle of **oil**.



Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

When the pan is hot, lay in the **chicken**, ham-side down. Cook until golden brown and crispy, 5-6 mins each side.

Once cooked, transfer the **chicken** to an ovenproof dish. Cover with foil to keep warm. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish and Serve

When the pan is hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins.

When ready, serve up your **chicken parmesian** alongside the **chive mash** and **garlicky beans**. Spoon over the **sauce** and sprinkle over the remaining **chives** to finish.

Enjoy!