



Chicken and Serrano Ham Saltimbocca with Mushroom Risotto, Parsley Oil and Rocket

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

30



Chicken Stock Paste



Mushroom Broth Paste



Red Onion



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Serrano Ham



Chicken Breast



Risotto Rice



Grated Hard Italian Style Cheese



Unsalted Butter



Rocket

Pantry Item
Olive Oil

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 tray and bowl.

Ingredients

	2P	3P	4P
Chicken Stock Paste	15g	20g	30g
Mushroom Broth Paste	1 sachet	1½ sachets	2 sachets
Water for the Stock*	750ml	1125ml	1500ml
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Chestnut Mushrooms**	150g	225g	300g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Serrano Ham**	4 slices	6 slices	8 slices
Chicken Breast**	2	3	4
Risotto Rice	175g	260g	350g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Unsalted Butter** 7)	30g	60g	60g
Rocket**	40g	80g	80g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	492g / 3700 / 884	100g / 752 / 180
Fat (g)	33	7
Sat. Fat (g)	15	3
Carbohydrate (g)	78	16
Sugars (g)	4	1
Protein (g)	67	14
Salt (g)	4.78	0.97

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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1 Make the Risotto Stock

Preheat your oven to 200°C. Put the **chicken stock paste, mushroom broth paste and water for the stock** (see ingredients for amount) in a saucepan on medium heat. Bring to a simmer, stir to combine, then reduce the heat to low (you want to keep your **risotto stock** warm). Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **chestnut mushrooms**. Roughly chop the **parsley** (stalks and all).



4 Ladle and Stir

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle. **TIP:** If you've run out of stock before the risotto is cooked, just add a splash of water and keep cooking. While the **risotto** cooks, pour the **olive oil** (see ingredients for amount) into a small bowl and add the **parsley**. Set aside.



2 Wrap the Chicken

Lay **2 slices of Serrano ham** overlapping lengthways on a board. Place a **chicken breast** horizontally across the middle, then wrap the **ham** around the **chicken** to enclose it. Repeat with the remaining **chicken** and **ham**, then place them seam-side down on a lightly oiled baking tray. Roast the **chicken** on the top shelf of your oven for 23-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



5 Finishing Touches

When the **chicken** is cooked through, remove from the oven and leave to rest on the baking tray for a few mins covered in foil. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. When the **risotto** is ready, stir in the **hard Italian style cheese** and **butter**. Add **salt** and **pepper** to taste.



3 Start the Risotto

Meanwhile, heat a drizzle of **oil** in another large saucepan on medium heat. Once hot, add the **onion** and **mushrooms**. Cook, stirring, until the **onion** is soft, 5-6 mins. Add the **garlic** and cook for 1 min more. Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins. Stir in a ladle of your **risotto stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.



6 Serve

Cut each **chicken breast** widthways into 6 slices. Spoon the **mushroom risotto** into deep bowls and top with the **rocket leaves**. Sit the **chicken** on top and finish with a drizzle of the **parsley oil**.

Enjoy!