



# CHICKEN SALTIMBOCCA

WITH MUSHROOM RISOTTO, ROCKET AND PARSLEY OIL



• SPECIALITY INGREDIENT •



## HELLO MUSHROOMS

*Mushrooms are more closely related in DNA to humans than to plants!*



Chicken Stock Powder



Echalion Shallot



Garlic Clove



Shiitake Mushrooms



Chestnut Mushrooms



Flat Leaf Parsley



Serrano Ham



Chicken Breast



Arborio Rice



Italian Style Grated Hard Cheese



Unsalted Butter



Rocket

The Italian word saltimbocca loosely translates as 'jump in the mouth'. Tender chicken wrapped in serrano ham is a feast for the senses. It sits atop a mushroom risotto enriched with butter and cheese. Italians call the final stage of risotto making, when the butter and cheese are beaten in, 'mantecatura'. It makes everything extra creamy. Definitely something to make the taste buds leap for joy!

40 mins

1.5 of your 5 a day

MEAL BAG

13

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans**, a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Ladle** and some **Foil**. Now, let's get cooking!



## 1 DO THE PREP

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



## 4 LADLE AND STIR

Continue adding ladlefuls of **stock**, stirring regularly until it has all been absorbed by the **rice**. This should take 20-25 mins. **TIP:** Let the rice absorb each ladleful of stock before adding the next. If you need more liquid just add water. In between stints of stirring, pour the **olive oil** (see ingredients for amount) into a small bowl and add the **parsley**.



## 2 WRAP THE CHICKEN

Lay the slices of **Serrano ham** lengthways on a board. Place the **chicken** horizontally across the middle. Wrap the **ham** around the **chicken** to enclose it. Place them seam-side down on a lightly oiled baking tray. Repeat with the remaining **chicken** and **ham**. Roast the **chicken** on the top shelf of your oven for 23-25 mins. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



## 5 FINISHING TOUCHES

Once the **chicken** is cooked through, remove from your oven and leave to rest on the baking tray for a few minutes covered in foil. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. If you've run out of **stock** before the **risotto** is cooked, just add a splash of water and keep cooking. When the **risotto** is ready, stir in the **cheese** and **butter**. Add **salt** and **pepper** to taste.



## 3 START THE RISOTTO

Meanwhile, heat a glug of **oil** in another large saucepan on medium heat. Add the **shallot** and **mushrooms**. Cook, stirring, until the **shallot** is soft, 5-6 mins. Add the **garlic** and cook for 1 minute more. Pour in the **arborio rice** and stir, making sure the **rice** is coated, cook for 1 minute. Add a ladleful of the **stock** and stir. Once the **rice** has absorbed the **stock**, add another ladleful and repeat.



## 6 SERVE AND ENJOY!

Cut each **chicken breast** into six slices. Spoon the **mushroom risotto** into deep bowls and top with the **rocket**. Sit the **chicken** on top of the **rocket** and finish with a drizzle of the **parsley oil**. **Buon appetito!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Water*	750ml	1.125ltr	1.5ltr
Echalion Shallot *	1	2	2
Garlic Clove *	1	2	2
Shiitake Mushrooms	1	1½	2
* Chestnut Mushrooms	1 punnet	1 punnet	2 punnets
* Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Serrano Ham *	2 slices	3 slices	4 slices
Chicken Breast *	2	3	4
Arborio Rice	175g	260g	350g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Unsalted Butter 7) *	15g	25g	30g
Rocket	1 bag	2 bags	2 bags

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 458G	PER 100G
Energy (kcal)	766	167
(kJ)	3203	699
Fat (g)	26	6
Sat. Fat (g)	11	2
Carbohydrate (g)	72	16
Sugars (g)	2	1
Protein (g)	61	13
Salt (g)	2.32	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 8) Egg

## PAIR THIS MEAL WITH

A white wine like a Chardonnay

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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