



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 Pot



Echalion Shallot



Garlic Clove



Shiitake Mushrooms



Chestnut Mushrooms



Flat Leaf Parsley



Serrano Ham



Chicken Breast



Arborio Rice



Hard Italian 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

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 MAKE THE STOCK

Preheat your oven to 200°C. Put the **stock pot** and **water** (see ingredients for amount) in a large saucepan on medium heat. Bring to a simmer, stir to dissolve the **stock pot**, then reduce the heat to low (you want to just keep your **stock** warm). Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Thinly slice both the **shitake** and **chestnut mushrooms**. Roughly chop the **parsley** (stalks and all).



3 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 a slice 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

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 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 **hard Italian 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 leaves**. Sit the **chicken** on top of the **rocket** and finish with a drizzle of the **parsley oil**. **Buon appetito!**

2 PEOPLE INGREDIENTS

Chicken Stock Pot	1
Water*	750ml
Echalion Shallot, chopped	1
Garlic Clove, grated	1
Shiitake Mushrooms, sliced	50g
Chestnut Mushrooms, sliced	1 small punnet
Flat Leaf Parsley, chopped	1 bunch
Serrano Ham	1 pack
Chicken Breast	2
Arborio Rice	175g
Olive Oil*	2 tbsps
Hard Italian Cheese 7)	40g
Unsalted Butter 7)	15g
Rocket	1 bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 474G	PER 100G
Energy (kcal)	710	150
(kJ)	2971	626
Fat (g)	19	4
Sat. Fat (g)	9	2
Carbohydrate (g)	72	15
Sugars (g)	4	1
Protein (g)	61	13
Salt (g)	3.99	0.84

ALLERGENS

7) Milk

PAIR THIS MEAL WITH

A full-bodied white like a Chardonnay

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

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

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