



# Chicken Saltimbocca

with Mushroom Risotto, Rocket and Parsley Oil

N° 13

**PREMIUM** 40 Minutes



Chicken Stock Powder



Echalion Shallot



Garlic Clove



Shiitake Mushrooms



Closed Cup Mushrooms



Flat Leaf Parsley



Serrano Ham



Chicken Breast



Arborio Rice



Grated Hard Italian Cheese



Unsalted Butter



Rocket

## Before you start

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

### Basic cooking tools you will need:

Measuring Jug, two Large Saucepans, a Fine Grater (or Garlic Press), Baking Tray, Ladle and some Foil.

### Ingredients

	2P	3P	4P
Chicken Stock Powder	2 sachets	3 sachets	3 sachets
Water for the Stock*	750ml	1.125 ltr	1.5 ltr
Echalion Shallot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Shiitake Mushrooms**	1 punnet	1½ punnets	2 punnets
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Serrano Ham**	4	6	8
Chicken Breast**	2	3	4
Arborio Rice	175g	260g	350g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Grated Hard Italian Cheese <b>7) 8)</b> **	1 pack	1½ packs	2 packs
Unsalted Butter <b>7)</b> **	30g	30g	30g
Rocket**	1 bag	2 bags	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	485g	100g
Energy (kJ/kcal)	3640/870	751/179
Fat (g)	34	7
Sat. Fat (g)	15	3
Carbohydrate (g)	74	15
Sugars (g)	3	1
Protein (g)	68	14
Salt (g)	3.97	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep

Preheat your oven to 200°C. Put the **chicken stock powder** and **water** (see ingredients for amount) in a saucepan on medium heat. Bring to a simmer, stir to dissolve the **stock**, 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 **closed cup 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.** In between stints of stirring, pour the **olive oil** (see ingredients for amount) in 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 (2 slices of ham per chicken breast). 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, 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 **hard Italian style 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!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.