



Chicken Saltimbocca

with Mushroom Risotto, Rocket and Parsley Oil

PREMIUM 40 Minutes

N° 13



Chicken Stock Powder



Echalion Shallot



Garlic Clove



Shiitake Mushrooms



Chestnut 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, Fine Grater (or Garlic Press), Baking Tray, Large Saucepan and Ladle.

Ingredients

	2P	3P	4P
Chicken Stock Powder	2 sachets	3 sachets	3 sachets
Water for the Stock*	750ml	1.125ltr	1.5ltr
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Shiitake Mushrooms**	1 punnet	2 punnets	2 punnets
Chestnut 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 7) 8)**	1 pack	1½ packs	2 packs
Unsalted Butter 7)**	30g	30g	30g
Rocket**	1 bag	2 bags	2 bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	485	100g
Energy (kJ/kcal)	3659 / 875	755 / 181
Fat (g)	33	7
Sat. Fat (g)	15	3
Carbohydrate (g)	75	16
Sugars (g)	3	1
Protein (g)	67	14
Salt (g)	3.96	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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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Packed in the UK



1. Make the Stock

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 **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. 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 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!

Enjoy!

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.