



Chicken Saltimbocca and Crispy Sage with Creamy Tagliatelle and Tenderstem® Broccoli

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

30



Echalion Shallot



Tenderstem® Broccoli



Garlic Clove



Sage



Chicken Breast



Serrano Ham



Fresh Tagliatelle



Chicken Stock Paste



Unsalted Butter



Creme Fraiche

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking paper, frying pan, kitchen paper, baking tray, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Sage**	½ bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Chicken Stock Paste	10g	15g	20g
Unsalted Butter** 7)	30g	40g	60g
Creme Fraiche** 7)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 478g	Per 100g 100g
Energy (kJ/kcal)	3263 / 780	683 / 163
Fat (g)	43.7	9.2
Sat. Fat (g)	25.1	5.3
Carbohydrate (g)	41.4	8.7
Sugars (g)	6.2	1.3
Protein (g)	57.4	12.0
Salt (g)	2.24	0.47

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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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Get Prepped

Preheat your oven to 120°C/100°C fan/gas mark 2.

Halve, peel and chop the **shallot** into small pieces. Cut the **Tenderstem® broccoli** into thirds.

Peel and grate the **garlic**. Pick the **sage leaves** off their stalks (but keep them whole). Discard the stalks.

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.



Cook the Pasta and Veg

Meanwhile, add the **tagliatelle** and **broccoli** to your pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bash the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Reserve 2 of the largest **sage leaves** per person and set aside for later.

Once hot, add the remaining **sage leaves** to the pan in a single layer. Fry until crispy, 1-2 mins. Transfer to a plate lined with kitchen paper.



Make your Creamy Sauce

Put your frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **shallot** and stir-fry until softened, 3-4 mins. Stir in the **garlic** and cook, stirring, for 1 min more.

Pour in the **water for the sauce** (see pantry for amount) and **chicken stock paste**, bring to the boil and simmer until reduced by half, 2-3 mins.

Vigorously stir in the **butter** until melted, then stir in the **creme fraiche** and bring to the boil. Remove from the heat and taste and season with **salt** and **pepper** if needed.



Time to Fry

Pop your (now empty) frying pan back on high heat with a drizzle of **oil**.

Season the **chicken** with **salt** and **pepper**, then place 2 **reserved sage leaves** on each **breast**. Lay a **Serrano ham slice** over the top.

Once the **oil** is hot, lay in the **chicken**, ham-side down. Fry until golden brown, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer to a baking tray, cover with foil and pop into the oven to keep warm.



Finish and Serve

Remove the **chicken** from your oven and place on a board to rest for a couple of mins.

Add the **cooked tagliatelle** and **broccoli** to the **creamy sauce**, adding a splash of **water** if it's a little too thick.

Share the **creamy tagliatelle** between your bowls. Thinly slice the **chicken** and serve on top of the **pasta**, then crumble over the **crispy sage leaves** to finish.

Enjoy!