



Chicken Saltimbocca and Crispy Sage with Creamy Tagliatelle and Tenderstem

Premium 40 Minutes • 1 of your 5 a day

31



Echalion Shallot



Tenderstem Broccoli®



Garlic Clove



Sage



Chicken Breasts



Serrano Ham



Fresh Tagliatelle



Chicken Stock Powder



Unsalted Butter



Crème Fraîche

Before you start

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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Clingfilm, Frying Pan, Baking Tray Colander and Measuring Jug.

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 Breasts**	2	3	4
Serrano Ham**	2 rashers	3 rashers	4 rashers
Fresh Tagliatelle 8) 13)	200g	300g	400g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Unsalted Butter 7)**	30g	45g	60g
Crème Fraîche 7)**	150g	225g	300g
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	480g	100g
Energy (kJ/kcal)	3119 /745	650 /155
Fat (g)	41	9
Sat. Fat (g)	21	4
Carbohydrate (g)	43	9
Sugars (g)	6	1
Protein (g)	57	12
Salt (g)	1.90	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

The **chocolate pots** will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for a few minutes. Either way, make your **pudding** (all 3 steps) before you start cooking your main!

Preheat your oven to 100°C. Halve, peel and chop the **shallot** into small pieces. Chop the **broccoli** into 3 pieces. Peel and grate the **garlic**. Pick the **sage leaves** off their stalks. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.



Cook the Pasta

Pop the **pasta** and **tenderstem broccoli** into your boiling **water** and simmer until tender, 3-4 mins. Drain in a colander, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



Fry the Sage

Sandwich each **chicken breast** between two pieces of clingfilm, pop on a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick all over. **IMPORTANT:** Wash your hands after handling raw **meat**. Pop a large frying pan on medium high heat and add drizzle of **oil**. Reserve 2 of the largest **sage leaves** per person. Once the **oil** is hot, pop the rest of the **sage leaves** in your pan in a single layer. Fry until crispy, 1-2 mins. Remove the leaves to a bowl and set aside.



Sauce Time!

Put your frying pan back on medium heat and add a drizzle of **oil**. Add the **shallot** and stir-fry until softened, 3-4 mins. Stir in the **garlic** and cook, stirring for 1 minute. Pour in the **water** (see ingredients for amount) and **chicken stock powder**, 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. Then remove from the heat. Taste and season with **salt** and **pepper** if you feel it needs it.



Cook the Chicken

Pop your frying pan back on high heat and add a drizzle of **oil**. Season the **chicken** with **salt** and **pepper**, then place 2 **sage leaves** on each breast (the ones you reserved). And lay a rasher of **serrano ham** flat over the top to cover one side. Once the **oil** is really hot, carefully lay in the **chicken breasts** ham side down and cook until browned and crispy, 5-6 mins, turn down the heat if necessary. Turn and cook for 4-5 mins on the other side. Once cooked, transfer to a baking tray, cover with foil and pop in your oven to keep warm. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle. Keep your pan - you'll need it for the sauce! **TIP:** Cook the **chicken breasts** in batches if you can't fit them all in the pan.



Finish and Serve

Remove the **chicken** from your oven and place on a board to rest for a couple of mins. Add the **pasta** to the **sauce** along with any **meat resting juices**, toss to combine. **TIP:** Add a splash of **water** too if the liquid has evaporated too much and reheat if necessary. Divide the **pasta** between your bowls. Thinly slice the **chicken** and serve on top of the **pasta** with the crispy **sage leaves** dotted over the top. Serve immediately.

Enjoy!



Coconut Chocolate Pot with Maple Salted Nuts

Premium 20 Minutes

31



Coconut Milk



Dark Chocolate Chips



Pistachios



Flaked Almonds



Maple Syrup

Before you start

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

Cooking tools, you will need:

Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Coconut Milk	200ml	300ml	400ml
Dark Chocolate Chips 11 **			
Pistachios 2 **	25g	25g	50g
Flaked Almonds 2	15g	25g	25g
Maple Syrup	30g	45g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	185g	100g
Energy (kJ/kcal)	2392 /572	1293 /309
Fat (g)	40	21
Sat. Fat (g)	25	14
Carbohydrate (g)	42	23
Sugars (g)	37	20
Protein (g)	9	5
Salt (g)	0.14	0.08

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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1



2



3



Get Started

Pour the **coconut milk** into a medium pan and pop onto medium high heat. Bring to the boil and simmer for 1 minute. Remove from the heat and immediately add the **chocolate chips** and a pinch of **salt**. Allow to sit for 1 minute, then stir the **coconut milk** and **chocolate** together until the **chocolate** is melted and everything is completely combined.

Set!

Pour the **coconut chocolate mixture** into appropriately sized glasses/ramekins.

TIP: Put these in the fridge at the beginning of the recipe if you're in a rush. Cover with clingfilm and pop into the fridge to set - this will take 2-3 hours if you want them fully set, but they'll still be delicious if you want to eat them immediately or straight after your main course.

Nut Time!

Remove and discard the shells from the **pistachios** and roughly chop. Heat a medium frying pan over medium heat (no oil!) Once hot, add the **flaked almonds** and **pistachios** and cook, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, remove from the heat and add the **maple syrup** and a pinch of **salt** to the pan. Stir together and transfer to a bowl. Once ready to serve, spoon the **nuts** on top of the **chocolate pots**.

Enjoy!