



# Serrano Ham Wrapped Chicken Breast

with Tarragon Rocket Butter Sauce and Roasted Tomatoes

Premium 35 Minutes

23



Serrano Ham



Chicken Breasts



Tarragon



Premium Tomatoes



Lemon



Garlic Clove



Rocket



Walnuts



Fresh Egg Tagliatelle



Chicken Stock Powder



Unsalted Butter

## Before you start

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

## Cooking tools, you will need:

Saucepan, Baking Tray, Fine Grater, Colander, Frying Pan and Measuring Jug.

## Ingredients

	2P	3P	4P
Serrano Ham**	4 slices	6 slices	8 slices
Chicken Breasts**	2	3	4
Tarragon**	½ bunch	¾ bunch	1 bunch
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Rocket**	1 bag	1½ bags	2 bags
Walnuts 2)	1 pack	2 packs	2 packs
Fresh Egg Tagliatelle 8) 13)**	200g	300g	400g
Reserved Pasta Water for the Sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Unsalted Butter 7)**	30g	60g	60g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	444g	100g
Energy (kJ/kcal)	2979 /712	671 /160
Fat (g)	34	8
Sat. Fat (g)	12	3
Carbohydrate (g)	38	9
Sugars (g)	5	1
Protein (g)	62	14
Salt (g)	2.81	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 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.

## Contact

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## Get Started!

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Lay the slices of **Serrano ham** lengthways on a board (2 slices per chicken breast). Place the **chicken** horizontally across the middle. Wrap the **ham** around the **chicken** to enclose it. Place them seam-side down on a baking tray. Repeat with the remaining **chicken** and **ham**. Drizzle a little **oil** over the **chicken**, then roast on the top shelf of your oven for 23-25 mins. **IMPORTANT: Remember to wash your hands and equipment after handling raw meat!**



## Cook the Pasta

Meanwhile, add the **fresh tagliatelle** to the boiling **water** and cook until tender, 3-4 mins. Reserve some **pasta water** (check ingredients for amounts). Drain in a colander then return to the saucepan. Drizzle with **oil** and stir through to stop it from sticking together.



## Get Prepped!

Meanwhile, pick the **tarragon leaves** from their stalks (discard the stalks). Halve the **tomatoes**. Zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press). Reserve a **quarter** of the **rocket** to garnish. Pop the remaining **rocket**, **tarragon leaves**, **walnuts**, **lemon zest** and **juice** and whiz in a food processor until everything is nice and finely chopped. **TIP: If you don't have a food processor, finely chop the rocket, tarragon and walnuts and mix together with the lemon juice in a small bowl.**



## Make the Sauce

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Once hot, add the **garlic**, stir and cook for 1 minute, then pour in the reserved **pasta cooking water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil and simmer until reduced by half, 4-5 mins. Reduce the heat to low, add the **blended nuts and herbs** and the **butter**. Stir vigorously until the **butter** has melted and combined into a **sauce**, then remove the pan from the heat.



## Tomato Time

About 10 minutes before the chicken has finished cooking, add the **tomatoes** to the roasting tray, drizzle with **olive oil** and season with **salt** and **pepper**. Return to the oven and cook until the **tomatoes** have softened and the **chicken** is cooked, 8-10 mins. Once cooked, remove the tray from the oven, pop the **chicken** on a board and leave to rest for 3-4 mins. **IMPORTANT: The chicken is cooked when it is no longer pink in the middle.**



## Serve

Taste the **sauce** and add **salt**, **pepper** and **lemon juice** if you feel it needs it. Add the **pasta** to the **sauce** and toss to coat. Slice the **chicken** into 5-6 pieces. Divide the **tagliatelle** between your plates and top with the **chicken** and **roasted tomatoes**. Garnish with the remaining **rocket**.

## 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.