

Prosciutto-Wrapped Chicken

with Baked Mushroom Risotto & Rocket Salad

GOURMET

Grab your meal kit with this number

15



Onion



Garlic



Button Mushrooms



Herb & Mushroom Seasoning



Risotto-Style Rice



Chicken-Style Stock Powder



Chicken Breast



Prosciutto



Grated Parmesan Cheese



Rocket Leaves



Parsley



Truffle Oil

Prep in: 20-30 mins
Ready in: 40-50 mins

 Eat Me Early

You deserve something special! Like this next-level meal with chicken breast wrapped in prosciutto; the cured meat holds in moisture and adds an abundance of flavour. Then, add a bed of mushroom-infused risotto and sharp Parmesan for a true gold star experience.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
garlic	1 clove	2 cloves
button mushrooms	1 medium packet	2 medium packets
butter*	40g	80g
herb & mushroom seasoning	1 sachet	2 sachets
risotto-style rice	1 packet	2 packets
boiling water*	2 cups	4 cups
chicken-style stock powder	1 large sachet	2 large sachets
chicken breast	1 medium packet	2 medium packets OR 1 large packet
prosciutto	1 packet	2 packets
grated Parmesan cheese	1 large packet	2 large packets
rocket leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
parsley	1 packet	1 packet
truffle oil	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4179kJ (999cal)	349kJ (83cal)
Protein (g)	70.3g	5.9g
Fat, total (g)	41.2g	3.4g
- saturated (g)	19.7g	1.6g
Carbohydrate (g)	86g	7.2g
- sugars (g)	4.6g	0.4g
Sodium (mg)	2613mg	218.3mg
Dietary Fibre (g)	6.1g	0.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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We're here to help!

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2024 | CW48



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Finely chop **onion** (see ingredients) and **garlic**.
- Thinly slice **button mushrooms**.



Cook the chicken

- When the risotto has **10 minutes** remaining, place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm-thick.
- Lay out two slices of **prosciutto**, then place a **chicken** on top. Wrap **prosciutto slices** around **chicken**. Repeat with remaining **prosciutto** and **chicken**.
- Return the frying pan to medium heat with a drizzle of **olive oil**. When oil is hot, cook **prosciutto-wrapped chicken**, seam-side down first, until golden and cooked through, **3-5 minutes** on each side (depending on thickness). Transfer to a plate to rest.

TIP: Chicken is cooked when it is no longer pink inside.



Start the risotto

- In a large frying pan, heat half the **butter** and a drizzle of **olive oil** over medium-high heat. Cook
- **onion** and **mushrooms**, stirring, until tender, **5 minutes**.
- Add **garlic**, **herb & mushroom seasoning** and **risotto-style rice** and cook, stirring until fragrant, **1 minute**.



Bring it all together

- When the risotto is done, remove from oven, then stir through **grated Parmesan cheese** and the remaining **butter**. Season to taste.
- In a medium bowl, add **rocket leaves** and a drizzle of **white wine vinegar** and **olive oil**. Toss to coat.

TIP: Stir through a splash of water to loosen the risotto if needed.



Bake the risotto

- To the risotto, add the **boiling water** (2 cups for 2 people / 4 cups for 4 people) and **chicken-style stock powder**.
- Transfer **risotto** to a baking dish. Cover tightly with foil and bake until liquid is absorbed and rice is 'al dente', **24-28 minutes**.

TIP: 'Al dente' rice is cooked through but still slightly firm in the centre.



Serve up

- Slice prosciutto-wrapped chicken.
- Divide baked mushroom risotto between bowls and top with prosciutto-wrapped chicken.
- Tear over **parsley** and drizzle with **truffle oil** (see ingredients).
- Serve with rocket salad. Enjoy!

TIP: Truffle oil has a strong flavour, use less if you're not a fan.

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