

# Prosciutto Wrapped Chicken Breast

with Parsnip Mash & Creamy Thyme-Mushroom Sauce

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Thyme



Green Beans



Eschalots



Button Mushrooms



Prosciutto




Chicken Breast



Longlife Cream

 Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

 Eat me early

This dish is full of clever tricks that make it anything but ordinary. Start by wrapping chicken in prosciutto to keep the chicken extra juicy, then add parsnip to potato for a new spin on mash and finish by giving a creamy sauce loads of flavour with thyme leaves and mushrooms.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
parsnip	1	2
garlic	4 cloves	8 cloves
thyme	1 bunch	1 bunch
green beans	1 bag (200g)	1 bag (400g)
eschalots	1	2
button mushrooms	1 punnet	1 punnet
prosciutto	1 packet	2 packets
chicken breast	1 packet	1 packet
butter* (for the sauce)	10g	20g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3642kJ (870Cal)	542kJ (130Cal)
Protein (g)	50.8g	7.6g
Fat, total (g)	62.6g	9.3g
- saturated (g)	33.6g	5g
Carbohydrate (g)	25.2g	3.8g
- sugars (g)	9.7g	1.4g
Sodium (mg)	1387mg	207mg

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



## Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip** and cut into bite-sized chunks. Finely chop the **garlic**. Pick the **thyme** leaves. Trim the **green beans**. Finely chop the **eschalot**. Thinly slice the **button mushrooms**.



## Make the sauce

While the veggies are cooking, roughly chop the reserved **prosciutto**. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **eschalot** and remaining **garlic** until softened, **1-2 minutes**. Add the sliced **mushrooms**, **thyme**, **butter (for the sauce)** and chopped **prosciutto** and cook, stirring, until browned, **4-5 minutes**. Add the **longlife cream** (see ingredients), stir to combine, and cook until thickened slightly, **2-3 minutes**. Season to taste.



## Bake the chicken

In a medium bowl, combine 1/2 the **garlic** and a drizzle of **olive oil**. Add the **chicken breast**, then season with **salt** and **pepper** and toss to coat. Reserve a slice of **prosciutto** for the sauce, then lay out 2-3 slices of the remaining **prosciutto** on a lined oven tray. Place a **chicken breast** on top and wrap the **prosciutto** slices around the **chicken**, ensuring it is seam-side down on the tray. Repeat with the remaining **chicken** and **prosciutto**. Bake the **chicken** until cooked through, **16-20 minutes**. Remove from the oven and set aside to rest.

**TIP:** The chicken is cooked through when it's no longer pink inside.



## Make the mash

Add the **butter (for the mash)**, **milk** and the **salt** to the **potato** and **parsnip**. Mash until smooth.



## Cook the veggies

While the chicken is baking, cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **15 minutes**. In the last **6 minutes** of cook time, place a colander or steamer basket over the saucepan, then add the **green beans**. Cover with a lid and steam until tender. Transfer the **beans** to a bowl, then season and cover to keep warm. Drain the **potato** and **parsnip** and return to the saucepan. Cover to keep warm.



## Serve up

Slice the prosciutto-wrapped chicken. Divide the parsnip mash, steamed green beans and chicken between plates. Spoon over the creamy thyme and mushroom sauce.

## Enjoy!