



Prosciutto Roasted Chicken Breast

with Creamy Thyme & Mushroom Sauce

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Thyme



Green Beans



Brown Onion



Button Mushrooms



Chicken Breast



Prosciutto



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 bag	1 bag
green beans	1 bag (200g)	1 bag (400g)
brown onion	1 (medium)	1 (large)
button mushrooms	1 packet	1 packet
chicken breast	1 packet	1 packet
prosciutto	1 packet	2 packets
butter* (for the sauce)	10g	20g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3734kJ (892Cal)	521kJ (125Cal)
Protein (g)	55.1g	7.7g
Fat, total (g)	60.5g	8.4g
- saturated (g)	32.9g	4.6g
Carbohydrate (g)	32.6g	4.5g
- sugars (g)	15g	2.1g
Sodium (mg)	1389mg	194mg

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.

Fancy a drop?

We recommend pairing this meal with Dry Riesling or Grüner Veltliner



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 **brown onion**. 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 remaining **garlic** until softened, **1-2 minutes**. Add the **onion**, 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.



Cook 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**. Roast the **chicken** until cooked through, **16-20 minutes**. Set the **chicken** 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)**, the **milk** and the **salt** to the **potato** and **parsnip**. Mash until smooth.



Cook the veggies

While the chicken is roasting, cook the **potato** and **parsnip** in the boiling water until easily pierced with a fork, **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 roasted chicken breast. Divide the parsnip mash, green beans and chicken between plates. Spoon over the creamy thyme and mushroom sauce.

Enjoy!