
















Prosciutto-Wrapped Chicken

with Mushroom-Baked Risotto & Green Salad


Grab your Meal Kit with this symbol



-  Mushroom Powder
-  Chicken-Style Stock Powder
-  Onion
-  Garlic
-  Button Mushrooms
-  Herbs
-  Lemon
-  Salad Leaves
-  Roasted Almonds
-  Arborio Rice
-  Chicken Breast
-  Prosciutto
-  Grated Parmesan Cheese

Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 crunchy almonds for a true gold star experience.

Pantry items

Olive Oil, Butter

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

Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
boiling water*	2 cups	4 cups
mushroom powder	1 sachet	2 sachets
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
button mushrooms	1 packet	1 packet
butter*	40g	80g
arborio rice	1 packet	1 packet
chicken breast	1 packet	1 packet
prosciutto	1 packet	2 packets
herbs	1 bag	1 bag
lemon	½	1
grated Parmesan cheese	1 packet (60g)	2 packets (120g)
salad leaves	1 small bag	1 medium bag
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4270kJ (1021Cal)	754kJ (180Cal)
Protein (g)	66.5g	11.7g
Fat, total (g)	44.6g	7.9g
- saturated (g)	21.3g	3.8g
Carbohydrate (g)	86.3g	15.2g
- sugars (g)	3.2g	0.6g
Sodium (mg)	2245mg	396mg

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 Pinot Noir or Chardonnay

We're here to help!

Scan here if you have any questions or concerns

2022 | CW27



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- In a heatproof bowl or jug, combine the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **mushroom powder** and **chicken-style stock powder**. Set aside.
- Finely chop **onion** and **garlic**. Thinly slice **button mushrooms**.



Cook the chicken

- When the risotto has **10 minutes** cook time 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 breast** 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: It's OK if the prosciutto slices tear!

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



Start the risotto

- In a large frying pan, heat 1/2 the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **onion** and **mushrooms**, stirring, until tender, **5 minutes**.
- Add **garlic** and **arborio rice** and cook until fragrant, **1 minute**.



Finish the risotto

- Meanwhile, roughly chop **herbs**. Slice **lemon** into wedges.
- When the risotto is done, remove from oven, then stir through **grated Parmesan cheese** and remaining **butter**. Season to taste.
- In a medium bowl, combine **salad leaves**, a drizzle of **olive oil** and a squeeze of **lemon juice**.

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



Bake the risotto

- Pour **mushroom liquid** into the frying pan, bring to the boil, then remove from heat. 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. Roughly chop **roasted almonds**.
- Divide mushroom-baked risotto between plates and top with prosciutto-wrapped chicken.
- Sprinkle over herbs and almonds.
- Serve with green salad and any remaining lemon wedges. Enjoy!

Rate your recipe

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