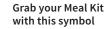
# Prosciutto-Wrapped Chicken with Mushroom-Baked Risotto & Green Salad









Mushroom Powder





Chicken-Style Stock Powder









Herbs

**Button Mushrooms** 



Lemon



Salad Leaves





Arborio Rice

Roasted Almonds





Chicken Breast

Prosciutto

Grated Parmesan Cheese

**Pantry items** Olive Oil, Butter

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



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.

#### 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

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2 People	4 People	
refer to method	refer to method	
2 cups	4 cups	
1 sachet	2 sachets	
1 sachet (10g)	2 sachets (20g)	
1 (medium)	1 (large)	
1 clove	2 cloves	
1 packet	1 packet	
40g	80g	
1 packet	1 packet	
1 packet	1 packet	
1 packet	2 packets	
1 bag	1 bag	
1/2	1	
1 packet (60g)	2 packets (120g)	
1 small bag	1 medium bag	
1 packet	2 packets	
	refer to method 2 cups 1 sachet 1 sachet (10g) 1 (medium) 1 clove 1 packet 40g 1 packet 1 packet 1 packet 1 packet 1 packet 1 packet 1 sacket 1 sacket 1 sacket 1 sag ½ 1 small bag 1 small bag	

<sup>\*</sup>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





## 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.



#### 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.



#### 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.



#### 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.



## 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.



## 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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