



# Saltimbocca Chicken & Truffle-Parmesan Mash

with Asparagus & Toasted Macadamias

Grab your Meal Kit with this symbol



Potato



Sage



Asparagus



Brocolini



Garlic



Macadamias



Truffle Oil



Grated Parmesan Cheese



Chicken Breast



Prosciutto



Lemon

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Eat me early

Saltimbocca is Italian for "jump in the mouth" and as soon as you taste the chicken wrapped in sage and prosciutto, you'll understand why! Add decadent sides of cheesy truffle-mashed potato and sautéed greens and you'll be jumping for joy!

### 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sage	1 bunch	1 bunch
asparagus	1 bunch	2 bunches
broccolini	1 bunch	1 bunch
garlic	1 clove	2 cloves
macadamias	1 packet	2 packets
lemon	½	1
butter*	40g	80g
milk*	2½ tbs	½ cup
truffle oil	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chicken breast	1 packet	1 packet
prosciutto	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2920kJ (697Cal)	435kJ (103Cal)
Protein (g)	51.8g	7.7g
Fat, total (g)	38.9g	5.8g
- saturated (g)	16.7g	2.5g
Carbohydrate (g)	30.7g	4.6g
- sugars (g)	6g	0.9g
Sodium (mg)	317mg	47mg

## 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.

## Fancy a drop?

We recommend pairing this meal with Sauvignon Blanc or Chardonnay

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2020 | CW51



## Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Pick the **sage** leaves. Trim the woody ends off the **asparagus** (about 3cm). Trim the **broccolini**. Finely chop the **garlic**. Roughly chop the **macadamias**. Slice the **lemon** into wedges.



## Cook the chicken

Heat a large frying pan over a medium-high heat. When the pan is hot, add the **macadamias** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **prosciutto-wrapped chicken**, seam-side down first, until golden and cooked through, **3-4 minutes** on each side (depending on thickness). Transfer to a plate to rest.

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



## Make the mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **butter**, **milk** and **truffle oil** (see ingredients) and mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese**. Season to taste (keeping in mind that the saltimbocca chicken is salty!). Cover to keep warm.

**TIP:** Truffle oil has a strong flavour. Add more or less depending on your taste.



## Cook the greens

While the chicken is resting, return the frying pan to a medium-high heat with a drizzle of **olive oil** (if needed). Add the **asparagus** and a dash of **water** and cook until starting to soften, **2 minutes**. Add the **broccolini** and cook, tossing, until just tender, **3-4 minutes**. Add the **garlic** and cook until fragrant, **30 seconds**. Squeeze over a little **lemon juice** to taste.



## Prep the saltimbocca chicken

While the potato is cooking, place the **chicken breast** between two sheets of baking paper. Pound the **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** over the top. Place a couple of **sage** leaves on top of the chicken, then wrap the **prosciutto** slices around the chicken. Repeat with the remaining **prosciutto**, **sage** and **chicken**.

**TIP:** It's OK if the prosciutto slices tear!



## Serve up

Divide the truffle and Parmesan mash, saltimbocca chicken and greens between plates. Spoon any chicken resting juices over the chicken and sprinkle the toasted macadamias over the greens.

## Enjoy!