



# CHICKEN & PROSCIUTTO CORDON BLEU

with Green Beans Amandine & Herbed Rice Pilaf

## INGREDIENTS

2 PERSON | 4 PERSON



1/4 oz | 1/2 oz  
Parsley



1 | 2  
Shallot



6 oz | 12 oz  
Green Beans



1 | 1  
Lemon



1/2 Cup | 1 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Chicken Cutlets



2 oz | 4 oz  
Prosciutto



2 Slices | 4 Slices  
Swiss Cheese  
Contains: Milk



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1/2 Cup | 1 Cup  
Basmati Rice



2 | 4  
Chicken Stock  
Concentrates



1/2 oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



2 tsp | 2 tsp  
Dijon Mustard



2 TBSP | 4 TBSP  
Garlic Herb Butter  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



HELLO

## CORDON BLEU

Beat the dinner *bleus* with this stuffed, rolled French-inspired classic.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 980



## PLACEHOLDER

To keep the plastic wrap from moving around when you pound the chicken in Step 2, sprinkle a little water on your work surface first.

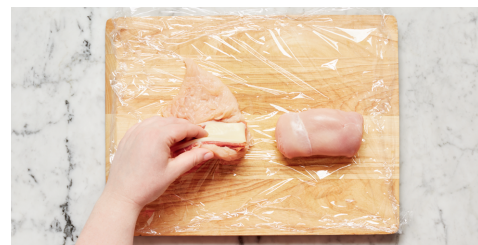
## BUST OUT

- Baking sheet
  - Medium pan
  - Paper towels
  - Plastic wrap
  - Mallet
  - Small pot
  - Large pan
- 
- Kosher salt
  - Black pepper
  - Cooking oil (4 tsp | 4 tsp)
  - Butter (2 TBSP | 4 TBSP)
- Contains: Milk



### 1 PREP & TOAST PANKO

- Adjust rack to top position and preheat oven to 425 degrees. **Lightly oil** a baking sheet. **Wash and dry produce.**
- Finely chop **parsley**. Halve, peel, and finely chop **shallot**. Trim **green beans** if necessary. Quarter **lemon**.
- Melt **1 TBSP plain butter (2 TBSP for 4 servings)** in a medium pan over medium-high heat. Add **panko** and toast, stirring, until golden and fragrant, 2-3 minutes.
- Turn off heat; transfer to a shallow dish and stir in **garlic powder**, half the **parsley**, and a **pinch of salt and pepper**. Wipe out pan.



### 2 PREP & ROLL CHICKEN

- Pat **chicken\*** dry with paper towels; season all over with **salt** and **pepper**. Place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ¼ inch thick. Remove and discard top layer of plastic wrap.
- Keeping chicken on plastic wrap, arrange **prosciutto** and **Swiss cheese** on bottom halves of cutlets. (**TIP: Break cheese slices in half if necessary.**) Starting at the bottom, tightly roll up chicken, removing plastic wrap as you go.



### 3 COAT & ROAST CHICKEN

- Brush **stuffed chicken** all over (**including the open ends**) with **half the sour cream (you'll use the rest later)**. Working one piece at a time, press chicken into **panko mixture** to coat on all sides. Place, seam sides down, on prepared baking sheet.
- Roast on top rack until browned and cooked through, 18-20 minutes.



### 4 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the shallot** and cook, stirring occasionally, until softened and translucent, 2-3 minutes.
- Stir in **rice**, **half the stock concentrates**, and **¾ cup water (1½ cups for 4 servings)**. Bring to a boil, then reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



### 5 COOK GREEN BEANS

- While rice cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans**; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Remove pan from heat; stir in **almonds** and **1 TBSP plain butter (2 TBSP for 4 servings)**. Stir until butter is melted and almonds are golden, 30-60 seconds. Cover to keep warm.



### 6 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for panko over medium heat. Add **remaining shallot** and a **pinch of salt**. Cook, stirring, until softened and translucent, 3-5 minutes. **TIP: Reduce heat to medium low if shallot is browning too quickly.**
- Stir in **¼ cup water (½ cup for 4 servings)** and **remaining stock concentrates**. Cook, stirring, until liquid has reduced by half, 2-3 minutes.
- Remove pan from heat; stir in **half the mustard (all for 4)**, **half the garlic herb butter**, and **remaining sour cream** until melted and combined.



### 7 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **remaining garlic herb butter** and **remaining parsley**; season with **salt** and **pepper** if desired.
- Slice **chicken** crosswise.
- Divide chicken, **green beans**, and **rice pilaf** between plates. Spoon **sauce** over chicken; top green beans with a **squeeze of lemon juice**. Serve with remaining lemon wedges on the side.

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\*Chicken is fully cooked when internal temperature reaches 165°.

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