



INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Parsnips



12 oz | 12 oz
Potatoes*



6 oz | 12 oz
Green Beans



¼ oz | ¼ oz
Sage



1 Thumb | 1 Thumb
Ginger



1 | 2
Apple



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



2 oz | 4 oz
Prosciutto



1 | 2
Miso Sauce
Concentrate
Contains: Soy



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



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

*The ingredient you received may be a different color.

HELLO

APPLE

The ripeness of an apple can vary, so you may need to cook it for more or less time than specified to ensure it's perfectly tender.

PROSCIUTTO-WRAPPED CHICKEN ROULADE

with Apple Pan Sauce, Parsnip Mash & Green Beans



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 840



HELLO FRESH

LET IT ROLL

Once you pound the chicken flat, make sure to roll it up tightly with the mozzarella inside. Next, you'll wrap the roulades with prosciutto, which not only adds flavor but helps keep that melty cheese inside where it belongs!

BUST OUT

- Peeler
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Baking sheet

- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (4 TBSP | 7 TBSP)

Contains: Milk



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and dice **parsnips** into ½-inch pieces. Dice **half the potatoes** into ½-inch pieces (**all for 4**). Trim **green beans** if necessary. Pick **half the sage leaves (all for 4)** from stems; roughly chop leaves until you have 2 tsp (**4 tsp for 4**). Peel and mince or grate **ginger** until you have 1 tsp (**2 tsp for 4**). Core and dice **apple** into ¼-inch pieces.



2 MAKE PARSNIP MASH

- Place **parsnips** and **potatoes** in a medium pot and cover with enough **heavily salted water to cover by 2 inches**. Bring to a boil and cook until fork-tender, 13-16 minutes.
- Reserve **¼ cup veggie cooking liquid**, then drain. Return **parsnips and potatoes** to pot; add **crème fraîche** and **2 TBSP butter (4 TBSP for 4 servings)**. Mash until smooth and creamy, adding **splashes of reserved veggie cooking liquid** as needed. Taste and season with **salt** and **pepper** if desired.



3 PREP & ROLL CHICKEN

- While veggies cook, pat **chicken*** dry with paper towels. Place between 2 large pieces of plastic wrap and pound with a mallet or rolling pin until chicken is about ¼ inch thick. Peel off top layer of plastic wrap. Season tops of chicken with **half the garlic powder (you'll use the rest later)** and **pepper**.
- Keeping the chicken on the plastic wrap, position the pieces perpendicular to the edge of your work surface. Divide **mozzarella** among bottom halves of each chicken cutlet. Tightly roll up chicken over mozzarella, rolling it upward and away from you, removing plastic wrap as you roll.



4 WRAP & SEAR CHICKEN

- Lay **two slices of prosciutto** beside each other on a work surface. Place a **chicken roulade** along bottom of slices; tightly roll up prosciutto around roulade. Repeat with remaining prosciutto and chicken roulades.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken roulades; sear until browned and crispy, 2-3 minutes per side (**roulades will finish cooking in the next step**). Turn off heat.



5 COOK BEANS & CHICKEN

- While chicken sears, toss **green beans** with a **drizzle of olive oil** and a **pinch of salt and pepper** on one side of a baking sheet. (**For 4 servings, spread out across entire sheet.**)
- Once **chicken** is done searing, transfer to empty side of same sheet. Wash out pan. Roast on top rack until chicken is cooked through and green beans are tender, 12-15 minutes. (**For 4, transfer chicken to a second sheet; roast chicken on top rack and green beans on middle rack, swapping racks halfway through.**)



6 MAKE APPLE PAN SAUCE

- Meanwhile, melt **1 TBSP butter** in same pan over medium heat. Add **apple** and a **pinch of salt**. Cover pan with lid and cook, stirring occasionally, until lightly golden and partially cooked, 4-5 minutes.
- Add **¾ cup water (1 cup for 4 servings)**, **chopped sage**, **minced ginger**, **miso sauce concentrate**, **remaining garlic powder**, and **1 tsp sugar (2 tsp for 4)**. Cook until apple is tender and pan sauce is thickened, 4-6 minutes. **TIP: If apple isn't tender yet, add a few more splashes of water and cook a bit longer.**
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt** and **pepper**.



7 FINISH & SERVE

- Slice **chicken** crosswise.
- Divide chicken, **parsnip mash**, and **green beans** between plates. Spoon **pan sauce** over chicken and mash. Serve.

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

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