



CHICKEN SALTIMBOCCA

WITH PORCINI RISOTTO, ROCKET AND LEMON OIL

SPECIALITY INGREDIENT



HELLO PORCINI MUSHROOMS

These prized and delicious fungi grow in hardwood forests and have a symbiotic relationship with pine trees



Porcini Mushrooms



Chicken Stock Pot



Water



Echalion Shallot



Garlic Clove



Chestnut Mushrooms



Flat Leaf Parsley



Lemon



Serrano Ham



Chicken Breast



Arborio Rice



Olive Oil



Netherend Butter



Hard Italian Cheese



Rocket

40 mins

2.5 of your 5 a day

The Italian word saltimbocca loosely translates as 'jump in the mouth'. Tender chicken wrapped in serrano ham is a feast for the senses. It sits atop a porcini risotto enriched with butter and cheese. Italians call the final stage of risotto making, when the butter and cheese are beaten in, 'mantecatura'. It makes everything extra creamy. Definitely something to make the taste buds leap for joy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, two **Large Saucepans**, **Ladle** and some **Foil**.



1 PREP THE VEGGIES

Put the **porcini mushrooms**, **chicken stock pot** and **water** (amount specified in the ingredient list) in a large saucepan on medium heat. Bring to a simmer to release the flavour of the **mushrooms** and stir to dissolve the **stock pot**. Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Thinly slice the **chestnut mushrooms**. Roughly chop the **parsley** (stalks and all). Zest the **lemon**.



2 WRAP THE CHICKEN

Preheat your oven to 200°C. Lay two slices of serrano ham lengthways and slightly overlapping on a chopping board. Place the **chicken breast** horizontally across the middle of the ham. Wrap the ham around the **chicken** to enclose it. Place them seam-side down on a baking tray. Repeat with the remaining **chicken** and ham. Roast the **chicken** on the top shelf of your oven for 20-22 mins.



3 START THE RISOTTO

Meanwhile, put a glug of **oil** in a large, wide-bottomed saucepan on medium heat. Add the **shallot** and **mushrooms**. Cook, stirring, until the shallot is soft, 5-6 mins. Add the **garlic** and cook for 1 minute more. Pour in the **arborio rice** and stir. Cook for 1 minute so the rice gets a good coating of the flavours in the pan. Add a ladle of the **stock** and stir. Once the rice has absorbed the stock, add another ladleful and repeat.



4 LADLE AND STIR

Continue adding ladlefuls of **stock**, stirring regularly until it has all been absorbed by the **rice**. This should take 20-25 mins. Don't leave the **porcini mushrooms** behind - make sure you add them too! ★ **TIP:** *Let the rice absorb each ladleful of stock before adding the next.* In between stints of stirring, put the **olive oil** (amount specified in the ingredient list) in a small bowl and add the **lemon zest** and **parsley**.



5 FINISHING TOUCHES

When the **chicken** is cooked through, remove from your oven and leave to rest on the baking tray, covered in some foil to keep warm. ★ **TIP:** *The chicken is cooked when it is no longer pink in the middle.* When the **risotto** is ready, add the **butter** and **hard Italian cheese** and stir vigorously. Taste the **risotto** for seasoning and add some **salt** and **black pepper** if you like.



6 SERVE AND ENJOY!

Cut each **chicken breast** into six slices. Spoon the **risotto** into deep bowls and top with the **rocket leaves**. Sit the **chicken** on top of the **rocket** and finish with a drizzle of the **lemon** and **parsley oil**. **Buon appetito!**

2 PEOPLE INGREDIENTS

Porcini Mushrooms	15g
Chicken Stock Pot	1
Water*	750ml
Echalion Shallot, chopped	1
Garlic Clove, grated	1
Chestnut Mushrooms, sliced	1 punnet
Flat Leaf Parsley, chopped	1 bunch
Lemon	½
Serrano Ham	1 pack
Chicken Breast	2
Arborio Rice	175g
Olive Oil*	2 tbsp
Netherend Butter 7)	15g
Hard Italian Cheese 7)	40g
Rocket	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	876	160
(kJ)	3688	674
Fat (g)	34	6
Sat. Fat (g)	12	2
Carbohydrate (g)	75	14
Sugars (g)	6	1
Protein (g)	69	13
Salt (g)	4.64	0.85

ALLERGENS

7)Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

PAIR THIS MEAL WITH

A bone-dry white with a bit of fruit like a Sauvignon Blanc

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