



Chicken Saltimbocca and Crispy Sage with Creamy Tagliatelle and Tenderstem®

Dinner & Dessert 40 Minutes • 1 of your 5 a day

33



Echalion Shallot



Tenderstem® Broccoli



Garlic Clove



Sage



Chicken Breasts



Serrano Ham



Fresh Tagliatelle



Chicken Stock Paste



Unsalted Butter



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Clingfilm, Frying Pan, Baking Tray, Aluminum Foil, Colander, Measuring Jug.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Sage**	½ bunch	1 bunch	1 bunch
Chicken Breasts**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Fresh Tagliatelle 8) 13)**	200g	300g	400g
Water for the Sauce*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Unsalted Butter 7)**	30g	45g	60g
Crema Fraiche 7)**	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3063 / 732	641 / 153
Fat (g)	41	9
Sat. Fat (g)	21	4
Carbohydrate (g)	41	9
Sugars (g)	6	1
Protein (g)	57	12
Salt (g)	2.08	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!



Get Prepped

The **chocolate pots** will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for a few minutes. Either way, make your **pudding** (all 3 steps) before you start cooking your main.

Preheat your oven to 100°C. Halve, peel and chop the **shallot** into small pieces. Chop the **broccoli** into 3 pieces. Peel and grate the **garlic**. Pick the **sage leaves** off their stalks. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**.



Cook the Pasta

Pop the **pasta** and **Tenderstem® broccoli** into your boiling **water** and simmer until tender, 3-4 mins. Drain in a colander, pop back into the pan, drizzle with **oil** and stir through to stop it sticking together.



Bash the Chicken

Sandwich each **chicken breast** between two pieces of clingfilm, pop on a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick all over. **IMPORTANT:** Wash your hands after handling raw meat. Pop a large frying pan on medium-high heat and add drizzle of **oil**. Reserve 2 of the largest **sage leaves** per person. Once the **oil** is hot, pop the rest of the **sage leaves** in your pan in a single layer. Fry until crispy, 1-2 mins. Remove the **leaves** to a bowl and set aside.



Sauce Time

Put your frying pan back on medium heat and add a drizzle of **oil**. Add the **shallot** and stir-fry until softened, 3-4 mins. Stir in the **garlic** and cook, stirring for 1 minute. Pour in the **water** (see ingredients for amount) and **chicken stock paste**, bring to the boil and simmer until reduced by half, 2-3 mins. Vigorously stir in the **butter** until melted, then stir in the **crema fraiche** and bring to the boil. Then remove from the heat. Taste and season with **salt** and **pepper** if you feel it needs it.



Cook the Chicken

Pop your frying pan back on high heat and add a drizzle of **oil**. Season the **chicken** with **salt** and **pepper**, then place 2 **sage leaves** (the ones you reserved) on each **breast** and lay a **rasher** of **serrano ham** flat over the top to cover one side. Once the **oil** is really hot, carefully lay in the **chicken breasts** ham-side down and cook until browned and crispy, 5-6 mins, turn down the heat if necessary. Turn and cook for 4-5 mins on the other side. Once cooked, transfer to a baking tray, cover with foil and pop in your oven to keep warm. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Keep your pan - you'll need it for the sauce. **TIP:** Cook the chicken breasts in batches if you can't fit them all in the pan.



Finish and Serve

Remove the **chicken** from your oven and place on a board to rest for a couple of mins. Add the **pasta** to the **sauce**, toss to combine. **TIP:** Add a splash of water too if the liquid has evaporated too much and reheat if necessary. Divide the **pasta** between your bowls. Thinly slice the **chicken** and serve on top of the **pasta** with the **crispy sage leaves** dotted over the top. Serve immediately.

Enjoy!