



# Seared Chicken & Roast Prosciutto Veggies

with Baby Broccoli & Creamy Parsley Sauce

GOURMET

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Onion



Prosciutto



Baby Broccoli



Green Beans



Garlic



Parsley



Chicken Breast



Garlic & Herb Seasoning



Cream



Chicken-Style Stock Powder

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

This dish features the key to a crowd-pleasing dinner: sauce! Who could turn down a drizzly parsley and cream concoction, especially one that's draped across pan-seared chicken, roasted potatoes and greens? No one, we say. At least, not anyone we've met. So get ready for the creamiest, most showstopping sauce celebration you have experienced yet.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
onion	½	1
prosciutto	1 packet	2 packets
baby broccoli	1 medium bunch	2 medium bunches
green beans	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	½ medium sachet	1 medium sachet
cream	½ packet	1 packet
chicken-style stock powder	½ medium sachet	1 medium sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3315kJ (792Cal)	418kJ (100Cal)
Protein (g)	63.1g	8g
Fat, total (g)	36.3g	4.6g
- saturated (g)	18.5g	2.3g
Carbohydrate (g)	55.7g	7g
- sugars (g)	29.6g	3.7g
Sodium (mg)	1991mg	251mg

The quantities provided above are averages only.

## 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?

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## We're here to help!

Scan here if you have any questions or concerns

2024 | CW14



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## Start the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Cut **onion (see ingredients)** into wedges.
- Place **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **15 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

**Little cooks:** Kids can help toss the veggies!

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## Cook the chicken

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

2



## Finish the veggies

- Meanwhile, roughly chop **prosciutto**. Halve any thicker stalks of **baby broccoli** lengthways. Trim **green beans**. Finely chop **garlic** and **parsley**.
- Remove tray from oven and add **prosciutto**, **baby broccoli** and **green beans** to the potato. Gently toss to combine, then roast until golden, a further **10-12 minutes**.

5



## Make the creamy sauce

- Return the frying pan to medium-high with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Add **cream (see ingredients)** and **chicken-style stock powder (see ingredients)**, then stir to combine.
- Simmer until slightly thickened, **1-2 minutes**, then add **parsley**.

3



## Flavour the chicken

- Place your hand flat on top of each **chicken breast** and to slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb seasoning (see ingredients)**, half the **garlic** and a drizzle of **olive oil**. Add the **chicken** and turn to coat.

6



## Serve up

- Slice seared chicken.
- Divide roasted prosciutto veggies and chicken between plates.
- Spoon over creamy parsley sauce to serve. Enjoy!

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