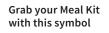


Seared Chicken & Roast Prosciutto Veggies

with Baby Broccoli & Creamy Parsley Sauce

GOURMET

KID FRIENDLY









Potato







Baby Broccoli

Prosciutto





Green Beans





Chicken Breast



Garlic & Herb Seasoning



Stock Powder



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



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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
onion	1/2	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



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!*



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.



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.



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.



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**.



Serve up

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

