



Cheesy Chicken and Serrano Ham Parmigiana with Mash and Garlicky Tenderstem® Broccoli

Gastropub 45-50 Minutes • 2 of your 5 a day

33



Potatoes



Garlic Clove



Mozzarella



Tenderstem® Broccoli



Chicken Breasts



Serrano Ham



Tomato Puree



Tomato Passata



Chicken Stock Paste



Grated Hard Italian Style Cheese

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, baking tray, baking paper, rolling pin, frying pan, ovenproof dish, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Mozzarella** 7)	1 ball	1½ balls	2 balls
Tenderstem® Broccoli**	150g	200g	300g
Chicken Breasts**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Tomato Puree	30g	60g	60g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	707g 3192 /763	100g 451 /108
Fat (g)	29.6	4.2
Sat. Fat (g)	16.9	2.4
Carbohydrate (g)	59.9	8.5
Sugars (g)	13.6	1.9
Protein (g)	66.7	9.4
Salt (g)	3.67	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

Peel and chop the **potatoes** into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Drain the **mozzarella** and tear it into small chunks.

Halve any thick **broccoli stems** lengthways, then pop them onto a baking tray. Sprinkle over **half** the **garlic**, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat and set aside.



4 Assemble your Parmigiana

Pop your (now empty) frying pan back on the top shelf of your oven and roast until tender and crispy, 10-12 mins.

Stir in the **passata**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil and simmer until thickened, 3-4 mins. Taste and season with **salt** and **pepper** if needed.

Pour the **tomato sauce** over the **chicken**, then scatter the **mozzarella** and **hard Italian style cheese** over the top. Bake on the middle shelf of your oven until the **cheese** is golden and bubbling, 12-15 mins.



2 Bash the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick.

Season the **chicken** with **salt** and **pepper**, then place a **Serrano ham slice** over each **breast** lengthways. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.**

Once your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



5 Bring on the Mash

Meanwhile, pop the **broccoli** tray on the top shelf of your oven and roast until tender and crispy, 10-12 mins.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add the **butter** (see pantry for amount) and a splash of **milk** (if you have any) and **mash** until smooth. Season with **salt** and **pepper**.



3 Time to Fry

In the meantime, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **chicken**, **ham-side** down. Cook until golden brown and crispy, 7-8 mins each side.

Once cooked, transfer the **chicken** to an ovenproof dish and set aside for now. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



6 Serve Up

When ready, slice the **Serrano chicken** widthways and share between your plates, spooning over the remaining **tomato sauce** from the dish.

Serve with the **mash** and **garlicky broccoli** alongside.

Enjoy!