



Crispy Serrano Ham Topped Chicken with Creamy Fresh Tagliatelle and Tenderstem® Broccoli

Premium 40-45 Minutes • 1 of your 5 a day

29



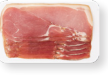
Tenderstem® Broccoli



Garlic Clove



British Chicken Breasts



Serrano Ham



Fresh Tagliatelle



Creme Fraiche



Grated Hard
Italian Style Cheese



Chicken Stock Paste

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Garlic press, saucepan, cling paper, rolling pin, frying pan, baking tray, aluminium foil and colander.

Ingredients

Ingredients	2P	3P	4P
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
British Chicken Breasts**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Fresh Tagliatelle** 8) 13)	200g	300g	400g
Creme Fraiche** 7)	150g	225g	300g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2940/ 703	565/ 135
Fat (g)	33.9	6.5
Sat. Fat (g)	18.6	3.6
Carbohydrate (g)	40.3	7.7
Sugars (g)	4.9	0.9
Protein (g)	60.1	11.6
Salt (g)	2.46	0.47

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

Allergens

7) Milk 8) Egg 13) Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 120°C/100°C fan/gas mark 2.

Cut the **Tenderstem® broccoli** into thirds.

Peel and grate the **garlic** (or use a garlic press).

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.



Cook the Pasta and Veg

While the **chicken** stays warm in the oven, add the **tagliatelle** and **broccoli** to your pan of **boiling water** and bring back to the boil. Cook until tender, 3-4 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bash the Chicken

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 lay a **Serrano ham** slice over the top. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

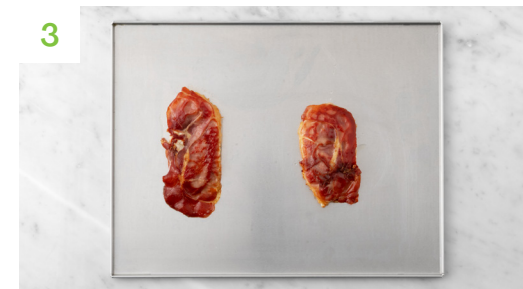


Make your Creamy Sauce

While the **pasta** and **broccoli** cooks, put your (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and cook, stirring, for 30 secs. Stir in the **creme fraiche**, **hard Italian style cheese** and **chicken stock paste**. Bring to the boil, then stir in the **water for the sauce** (see pantry for amount) and simmer until reduced by half, 2-3 mins.

Remove from the heat and taste and season with **salt** and **pepper** if needed.

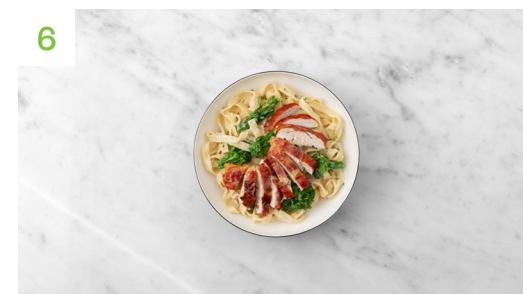


Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **chicken**, ham-side down. Fry until golden brown, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer to a baking tray, cover with foil and pop into the oven to keep warm.



Finish and Serve

Remove the **chicken** from your oven and place on a board to rest for a couple of mins.

Add the **cooked tagliatelle** and **broccoli** to the **creamy sauce**, adding a splash of **water** if it's a little too thick.

Share the **creamy tagliatelle** between your bowls. Thinly slice the **chicken** and serve on top of the **pasta**.

Enjoy!