



# Roast Chicken & Creamy Peppercorn Sauce

with Prosciutto Greens & Pangrattato

Grab your Meal Kit with this symbol



Sweet Potato



Rosemary



Baby Broccoli



Green Beans



Black Peppercorns



Panko Breadcrumbs



Chicken-Style Stock Powder



Half Chicken



Prosciutto



Light Cooking Cream

Prep in: 25-35 mins  
Ready in: 45-55 mins

Eat Me Early

Make your roast chicken dinner something special by whipping up some elegant sides to go with it. From the rich and silky sauce to the subtly sweet and earthy mash, and tender greens with a salty depth of flavour from the prosciutto, this dish brings the fancy restaurant vibes to your dining table.

### Pantry items

Olive Oil, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan · Oven tray lined with baking paper · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
half chicken	1 packet	2 packets
sweet potato	2	4
rosemary	2 sticks	4 sticks
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
prosciutto	1 packet	2 packets
black peppercorns	½ large packet	1 large packet
<b>butter*</b>	40g	80g
panko breadcrumbs	½ medium packet	1 medium packet
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5606kJ (1340Cal)	625kJ (149Cal)
Protein (g)	100.1g	11.2g
Fat, total (g)	82.9g	9.2g
- saturated (g)	34.4g	3.8g
Carbohydrate (g)	47.7g	5.3g
- sugars (g)	17.9g	2g
Sodium (mg)	1788mg	199mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

We recommend pairing this meal with Chardonnay or Viognier.



## Cook the chicken

- Preheat oven to **240°C/220°C fan-forced**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **half chicken**, skin-side down first, until browned, **4-5 minutes** each side.
- Transfer seared **chicken** to a lined oven tray. Roast until cooked through, **25-30 minutes**.
- Cover with foil to keep warm. Set aside to rest for **5-10 minutes**.

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



## Make the pangrattato

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**.
- Add **rosemary** and cook until fragrant, **1 minute**.
- Transfer to a small bowl. Season to taste. Set aside.



## Get prepped

- While the chicken is in the pan, bring a medium saucepan of salted water to the boil.
- Peel **sweet potato** and cut into bite-sized chunks. Pick and finely chop **rosemary**. Trim **baby broccoli** and slice any larger stalks in half lengthways. Trim **green beans**. Roughly chop **prosciutto**.
- Crush **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily.



## Cook the prosciutto & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **prosciutto** until golden, **2-3 minutes**. Transfer to the bowl with the steamed **veggies**, tossing to combine.
- Return frying pan to medium heat. Cook **light cooking cream**, **chicken-style stock powder**, crushed **peppercorns** and any **chicken resting juices** stirring, until thickened slightly, **1-2 minutes**.



## Cook the mash & greens

- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**.
- In the last **7 minutes**, place a colander on top of the saucepan, then add **baby broccoli** and **green beans**. Cover and steam until tender, **6-7 minutes**.
- Transfer steamed **greens** to a medium bowl. Season to taste, then cover to keep warm.
- Drain the cooked **sweet potato** and return to the pan. Add the **butter**, then season generously with **salt**. Mash until smooth. Cover to keep warm.



## Serve up

- Slice roast chicken in half.
- Divide sweet potato mash and prosciutto greens between plates. Pour over creamy peppercorn sauce. Top with chicken.
- Sprinkle with pangrattato to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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