



Saltimbocca Chicken

with Green Beans & Pumpkin Mash



Pound your chicken to tenderise it and ensure an even cook time



Pumpkin



Sage



Free Range Chicken Breast



Serrano Ham



Garlic



Green Beans



Lemon

Pantry Staples



Butter

Hands-on: **20** mins
Ready in: **30** mins

Eat Me Early

Saltimbocca literally means ‘jumps in the mouth’ and it’s not hard to see why with this tasty supper. Butterflying and tenderising the chicken breast is worth the extra effort – it will allow the fillets to cook quickly and for the Serrano ham to crisp up beautifully.

BEFORE YOU START

You will need: **chef's knife, chopping board, large saucepan, colander, potato masher** or **fork tongs, medium ovenproof frying pan, meat mallet** or **rolling pin, baking dish** and **small frying pan**. Let's start cooking the **Saltimbocca Chicken with Green Beans & Pumpkin Mash**



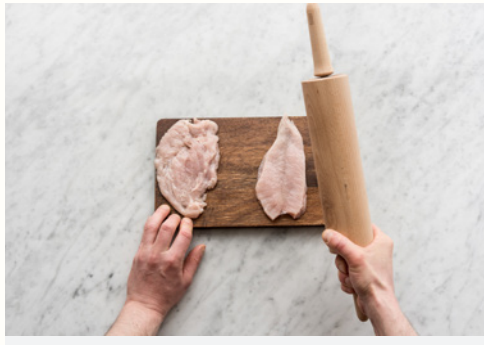
1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Cut the **pumpkin** into 2 cm pieces. Pick the **sage** leaves.



2 COOK THE PUMPKIN

Place the **pumpkin** in a large saucepan of salted water. Cover and bring to the boil. Cook for **10 minutes**, or until tender. Drain. Return to the saucepan and generously season with **salt** and **pepper**. Mash with a potato masher or fork until smooth. Cover to keep warm.



4 LAYER UP THE SALTIMBOCCA

Butterfly and tenderise the **chicken breast**. **+** *To tenderise the butterflied chicken, pound it with a meat mallet or rolling pin until it is an even thickness. Pounding breaks down fibres in the chicken and allows for fast cooking. It's an important step to ensure your chicken cooks evenly in the allocated time.* Layer up your saltimbocca by starting with a slice of **Serrano ham** on the bottom, top with a piece of **chicken breast**, crispy **sage** leaves, and then another piece of **Serrano ham**. Place the frying pan back over a medium-high heat. Add the layered chicken and cook for **1 minute** on each side and then transfer to the oven for **10 minutes**, or until cooked through. If you don't have an ovenproof frying pan, transfer chicken to a baking dish.



5 PREP AND COOK THE GREEN BEANS

Meanwhile, peel and thinly slice the **garlic**. Trim the ends of the **green beans**. Cut the **lemon** into wedges. In a small frying pan, add a dash of **olive oil** and the **garlic** and fry for **1-2 minutes**, or until fragrant. Add the **green beans** and cook, tossing, for **1-2 minutes**, or until heated through and slightly tender.



3 CRISP UP THE SAGE LEAVES

Meanwhile, in a medium ovenproof frying pan heat the **butter** over a medium-high heat. Fry the **sage** leaves until crispy, then remove from the pan.



6 SERVE UP

Divide the pumpkin mash and garlic beans between plates. Top the mash with the saltimbocca chicken. Serve with the lemon wedges.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
pumpkin	1 portion	2 portions
sage	1 bunch	2 bunches
butter*	2 tsp	1 tbs
free range chicken breast	2 fillets	4 fillets
Serrano ham	1 packet	2 packets
garlic ☉	1 clove	2 cloves
green beans	1 packet	2 packets
lemon ☉	½	1

*Pantry Items | ☉ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260	457
Protein (g)	56.7	11.5
Fat, total (g)	27.6	5.6
- saturated (g)	16.6	3.4
Carbohydrate (g)	16.5	3.3
- sugars (g)	11.3	2.3
Sodium (g)	122	25

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