



CHICKEN & PROSCIUTTO CORDON BLEU

with Green Beans Amandine & Herbed Rice Pilaf

INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ½ oz
Parsley



1 | 2
Shallot



6 oz | 12 oz
Green Beans



1 | 1
Lemon



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



10 oz | 20 oz
Chicken Cutlets



2 oz | 4 oz
Prosciutto



2 Slices | 4 Slices
Swiss Cheese
Contains: Milk



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Basmati Rice



2 | 4
Chicken Stock
Concentrates



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2 tsp | 2 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



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HELLO

CORDON BLEU

Beat the dinner *bleus* with this stuffed, rolled French-inspired classic.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 1020



HELLO FRESH

BUST OUT

- Baking sheet
- Medium pan
- Paper towels
- Plastic wrap
- Mallet
- Small pot
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)

Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 PREP & TOAST PANKO

- Adjust rack to top position and preheat oven to 425 degrees. **Lightly oil** a baking sheet. **Wash and dry produce.**
- Finely chop **parsley**. Halve, peel, and finely chop **shallot**. Trim **green beans** if necessary. Quarter **lemon**.
- Melt **1 TBSP plain butter (2 TBSP for 4 servings)** in a medium pan over medium-high heat. Add **panko** and toast, stirring, until golden and fragrant, 2-3 minutes.
- Turn off heat; transfer to a shallow dish and stir in **garlic powder**, half the parsley, and a **pinch of salt and pepper**. Wipe out pan.



2 PREP & ROLL CHICKEN

- Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ¼ inch thick. Remove and discard top layer of plastic wrap.
- Keeping chicken on plastic wrap, arrange **prosciutto** and **Swiss cheese** on bottom halves of cutlets. (**TIP: Break cheese slices in half if necessary.**) Starting at the bottom, tightly roll up chicken, removing plastic wrap as you go.



3 COAT & ROAST CHICKEN

- Brush **stuffed chicken** all over (**including the open ends**) with **half the sour cream (you'll use the rest later)**. Working one piece at a time, press chicken into **panko mixture** to coat on all sides. Place, seam sides down, on prepared baking sheet.
- Roast on top rack until browned and cooked through, 18-20 minutes.



4 COOK RICE

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **half the shallot** and cook, stirring occasionally, until softened and translucent, 2-3 minutes.
- Stir in **rice**, **half the stock concentrates**, and **¾ cup water (1½ cups for 4 servings)**. Bring to a boil, then reduce heat to low. Cover and cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 COOK GREEN BEANS

- While rice cooks, heat a **drizzle of oil** in a large pan over medium-high heat. Add **green beans**; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and tender, 5-7 minutes.
- Remove pan from heat; stir in **almonds** and **1 TBSP plain butter (2 TBSP for 4 servings)**. Stir until butter is melted and almonds are golden, 30-60 seconds. Cover to keep warm.



6 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for panko over medium heat. Add **remaining shallot** and a **pinch of salt**. Cook, stirring, until softened and translucent, 3-5 minutes. **TIP: Reduce heat to medium low if shallot is browning too quickly.**
- Stir in **¼ cup water (½ cup for 4 servings)** and **remaining stock concentrates**. Cook, stirring, until liquid has reduced by half, 2-3 minutes.
- Remove pan from heat; stir in **half the mustard (all for 4)**, **half the garlic herb butter**, and **remaining sour cream** until melted and combined.



7 FINISH & SERVE

- Fluff **rice** with a fork. Stir in **remaining garlic herb butter** and **remaining parsley**; season with **salt** and **pepper** if desired.
- Slice **chicken** crosswise.
- Divide chicken, **green beans**, and **rice pilaf** between plates. Spoon **sauce** over chicken; top green beans with a **squeeze of lemon juice**. Serve with remaining lemon wedges on the side.

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*Chicken is fully cooked when internal temperature reaches 165°.