



# Cheesy Chicken and Serrano Ham Parmigiana with Buttery Mashed Potatoes and Garlicky Green Beans

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

33



Potatoes



Chives



Green Beans



Garlic Clove



Mozzarella



Chicken Breast



Serrano Ham



Tomato Puree



Finely Chopped  
Tomatoes with Basil



Chicken Stock  
Powder



Grated Hard Italian  
Style Cheese



Unsalted Butter

## Before you start

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

## Cooking tools

Saucepan, garlic press, colander, baking paper, cling film, frying pan, ovenproof dish, aluminium foil, potato masher and lid.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	300g	300g
Garlic Clove**	2	3	4
Mozzarella** 7)	1 ball	1½ balls	2 balls
Chicken Breast**	2	3	4
Serrano Ham**	2 slices	3 slices	4 slices
Tomato Puree	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes with Basil	1 carton	1½ cartons	2 cartons
Chicken Stock Powder	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Unsalted Butter** 7)	30g	30g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	795g	100g
Energy (kJ/kcal)	3640 /870	458 /110
Fat (g)	37	5
Sat. Fat (g)	23	3
Carbohydrate (g)	60	8
Sugars (g)	17	2
Protein (g)	74	9
Salt (g)	4.35	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

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## Cook the Potatoes

Preheat your oven to 220°C. Bring a medium saucepan of **water** to the boil with ½ **tsp** of **salt**. Peel and chop the **potatoes** into 2cm chunks. Roughly chop the **chives**. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Drain the **mozzarella** and tear it into small chunks. Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Make the Sauce

Pop your (now empty) frying pan back on medium-high heat and add the **tomato puree** and **half** the **garlic**. Fry for 1 min, then add the **chopped tomatoes** and **chicken stock powder**. Add a pinch of **sugar** (if you have any) and stir together, then bring to the boil. Simmer until thickened, 4-5 mins. Taste and add **salt** and **pepper** if needed. Pour the **sauce** over the **chicken**, then scatter the **mozzarella** and **grated hard Italian style cheese** over the top.



## 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 the bottom of a saucepan until it's 1-2cm thick. Season the **chicken** with **salt** and **pepper**, then place a slice of **Serrano ham** over each **breast** lengthways. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



## Mash the Potatoes

Bake in the oven until the **cheese** is golden and everything is piping hot, 12-15 mins. Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**, then stir in **half** the **chives**. Cover with a lid to keep warm.



## Time to Fry

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the pan is hot, lay in the **chicken**, ham-side down. Cook until golden brown and crispy, 5-6 mins each side. Once cooked, transfer the **chicken** to an ovenproof dish. Cover with foil to keep warm. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Finish and Serve

Wash your frying pan and pop back on medium-high heat with a drizzle of **oil**. Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. When ready, plate up your **chicken** with the **mash** and **beans** alongside. Spoon over the **sauce** and sprinkle over the **chives** to finish.

Enjoy!