



# Cheesy Chicken Parmigiana with Buttery Mash and Garlicky Beans

Limited Edition 45 Minutes • 1 of your 5 a day

N° 31



Potatoes



Chives



Green Beans



Garlic Clove



Mozzarella



Chicken Breast



Serrano Ham



Tomato Puree



Finely Chopped  
Tomatoes with Basil



Chicken Stock Paste



Grated Hard Italian  
Style Cheese



Unsalted Butter

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Garlic Press, Baking Paper or Clingfilm, Frying Pan, Ovenproof Dish, Colander, Lid.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chives**	1 bunch	1 bunch	1 bunch
Green Beans**	150g	200g	300g
Garlic Clove	2	3	4
Mozzarella 7)**	1 ball	1½ ball	2 ball
Chicken Breast**	2	3	4
Serrano Ham**	2 slice	3 slice	4 slice
Tomato Chopped	1 sachet	2 sachet	2 sachet
Finely Chopped Tomatoes with Basil	1 carton	1½ carton	2 carton
Chicken Stock Paste	10g	15g	20g
Grated Hard Italian Style Cheese 7) 8)**	40g	65g	80g
Unsalted Butter 7)**	30g	40g	60g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	796g	100g
Energy (kJ/kcal)	3612/863	454/108
Fat (g)	38	5
Sat. Fat (g)	23	3
Carbohydrate (g)	58	7
Sugars (g)	14	2
Protein (g)	74	9
Salt (g)	4.54	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 7) Milk 8) Egg

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?

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## Start the Potatoes

Preheat your oven to 220°C. Bring a medium saucepan of **water** to the boil with ½ tsp of **salt**. Peel the **potatoes** and chop 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 paste**. Add a pinch of **sugar** (if you have any), stir together, bring to the boil and simmer until thick, 4-5 mins. Taste and add **salt** and **pepper** if needed. Pour it over the **chicken**, then scatter over the **mozzarella** and **grated hard Italian style cheese**.



## Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or clingfilm, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick all over. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.** Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**, then place a rasher of **serrano ham** on each **breast** lengthways.



## Mash

Bake your **cheesy chicken** in the oven until the **cheese** is golden and **chicken** cooked through, 12-15 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** 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** and stir in **half the chives**. Cover with a lid to keep warm.



## Fry the Chicken

Once the **oil** is really hot, carefully lay in the **chicken breasts**, **ham-side** down, and cook until browned and crispy, 5-6 mins (turn down the heat if necessary). Turn and cook for 4-5 mins on the other side. Once cooked, transfer to an ovenproof dish. Keep your pan - you'll need it for the sauce.



## Finish and Serve

Wash your frying pan and pop back on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins. Stir in the remaining **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. Remove the pan from the heat. Serve the **chicken** and a spoonful of **sauce** with the mash and **beans** alongside. Sprinkle over the **chives** to finish.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.