



GARLIC DIJON PROSCIUTTO-WRAPPED CHICKEN

with Creamed Kale & Parmesan Shingled Sweet Potatoes

GOURMET

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Sweet Potatoes



4 oz | 8 oz
Kale



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Chicken Cutlets**



2 oz | 4 oz
Prosciutto



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



1 | 2
Chicken
Demi-Glace
Contains: Milk



2 tsp | 2 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Garlic Herb
Butter
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

CHICKEN DEMI-GLACE

This richly concentrated stock is the secret to creating an ultra-tasty pan sauce.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 800



HIT SHINGLE

To ensure your sweet potatoes cook evenly (and fit on the baking sheet) in step 1, arrange the slices in a single layer, overlapping slightly. The results of this technique, called shingling, should resemble a rooftop.

BUST OUT

- Large bowl
- Baking sheet
- 2 Large pans
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)

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



1 ROAST SWEET POTATOES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Slice **sweet potatoes** into ¼-inch-thick rounds. **TIP: Slicing your potatoes into thin, uniform slices is key! This will help them all roast at the same pace.**
- In a large bowl, toss sweet potatoes with a **large drizzle of oil**, and a **couple big pinches of salt and pepper**; arrange on one side of a baking sheet in a single overlapping layer. (**For 4, spread potatoes out across entire sheet.**)
- Roast on top rack for 10 minutes (**you'll add more to the sheet then**).



4 COOK CHICKEN

- Heat a **drizzle of oil** in a second large pan over medium-high heat. Add **wrapped chicken**; sear until browned and crispy, 2-3 minutes per side.
- Once **sweet potatoes** have roasted 10 minutes, remove sheet from oven. Carefully add chicken to empty side. (**For 4 servings, add chicken to a second sheet; roast on middle rack until cooked through, 10-12 minutes.**) Sprinkle sweet potatoes with **Parmesan**.
- Return to top rack until chicken is cooked through and potatoes are browned and tender, 10-12 minutes. (**If chicken is done first, remove from sheet and continue roasting potatoes.**)
- Transfer chicken to cutting board. Once cool enough to handle, slice crosswise.



2 FINISH PREP & COOK KALE

- While potatoes roast, remove and discard any thick center stems from **kale**; chop leaves into bite-size pieces. Peel and mince **garlic**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add kale and a **splash of water**. Cook until kale is wilted and very tender, 5-7 minutes. Season with **salt and pepper**. Turn off heat.



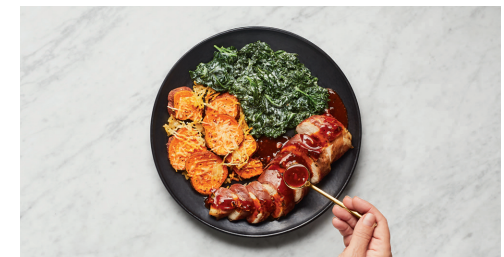
5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **demi-glace, mustard, and ¼ cup water (½ cup for 4 servings)**, scraping up any browned bits from bottom of pan. Bring to a simmer, then reduce heat to medium low. Cook until reduced by half, 2-3 minutes.
- Turn off heat; stir in **half the garlic herb butter (you'll use the rest later)** until melted.



3 WRAP CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season all over with **salt and pepper**.
- Lay **prosciutto** out on a clean work surface. Tightly roll prosciutto around chicken. Repeat with remaining prosciutto and chicken.



6 FINISH & SERVE

- Return pan with **kale** to medium heat; stir until warmed through. Stir in **cream cheese, sour cream, and remaining garlic herb butter** until melted and combined. Season with **salt and pepper**.
- Divide kale, **sweet potatoes, and chicken** between plates. Drizzle **sauce** over chicken and serve.