



PROSCIUTTO-WRAPPED CHICKEN over Risotto Primavera



HELLO

PROSCIUTTO

Elevates any meal with its salty, savory flavor

PREP: 5 MIN

TOTAL: 45 MIN

CALORIES: 730



Chicken Stock Concentrate



Shallot



Sage



Chicken Breasts



Spinach



Garlic



Grape Tomatoes



Arborio Rice



Prosciutto



Parmesan Cheese
(Contains: Milk)

START STRONG

Serve your risotto the Italian way on hot plates: set your oven to its lowest heat setting and put the plates in for 5 minutes to warm. This will keep the rice toasty, the way it's meant to be.

BUST OUT

- Medium pot
- Large pan
- Paper towel
- Medium ovenproof pan
- Oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Chicken Stock Concentrate **1 | 2**
- Garlic **2 Cloves | 2 Cloves**
- Shallot **1 | 2**
- Grape Tomatoes **4 oz | 8 oz**
- Sage **¼ oz | ¼ oz**
- Arborio Rice **¾ Cup | 1½ Cups**
- Chicken Breasts **12 oz | 24 oz**
- Prosciutto **2 oz | 4 oz**
- Spinach **5 oz | 10 oz**
- Parmesan Cheese **¼ Cup | ½ Cup**

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1 PREHEAT AND PREP Wash and dry all produce. Preheat oven to 400 degrees. Bring **4 cups water** and **stock concentrate** to a boil in a medium pot. Once boiling, reduce heat to low. Meanwhile, slice **garlic** crosswise as thinly as possible. Halve, peel, and mince **shallot**. Halve **tomatoes** lengthwise. Pick **sage leaves** from stems. Add stems to stock and set aside leaves.



4 COOK CHICKEN Heat a drizzle of **oil** in medium pan over medium-high heat (use an ovenproof pan if you have one). Add **wrapped chicken** to pan and sear until golden brown, 2 minutes per side. Transfer pan to oven and roast until chicken is firm and juices run clear when pierced with a knife, about 15 minutes. **TIP:** If your pan isn't ovenproof, transfer chicken to a small baking dish before putting in oven.



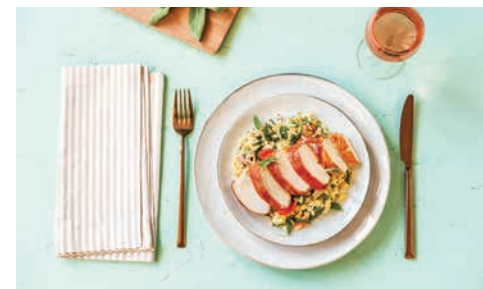
2 START RISOTTO Heat a large drizzle of **oil** in a large pan over medium heat. Add **shallot** and **garlic**. Cook until softened, 1-2 minutes. Add **rice** and cook until translucent, 1-2 minutes. Add **stock** ½ cup at a time, stirring after each addition. Allow rice to absorb most of stock before adding more. Continue until grains are al dente and creamy, 30-35 minutes.



5 WARM VEGGIES With 5 minutes to go on **risotto**, add **tomatoes** and **spinach**. Stir to combine. Cook until spinach has wilted and tomatoes have softened, about 5 minutes. While veggies cook, thinly slice remaining **prosciutto**.



3 PREP CHICKEN Pat **chicken** dry with paper towel. Take out half the **prosciutto** (about 5 slices) from package (use the rest as you like). Lay two slices of prosciutto beside each other on a flat surface. Place a **chicken breast** at one end. Tightly roll prosciutto around chicken. Repeat with another 2 slices and other chicken breast. Set aside remaining prosciutto.



6 FINISH AND PLATE Stir sliced **prosciutto**, **1 TBSP butter**, **Parmesan**, and any **juices** from pan with **chicken** into **risotto**. Season to taste with **salt** and **pepper**. Slice **chicken** crosswise. Divide **risotto** between plates and top with **chicken**. Garnish with **sage leaves** to taste.

FABULOUS!

Make a toast to this meal with a glass of Italian white wine.