



Serrano Ham Wrapped Chicken Breast

with Homemade Rocket Pesto and Roasted Tomatoes

N° 13

PREMIUM 35 Minutes



Garlic Clove



Serrano Ham



Chicken Breasts



Tarragon



Lemon



Rocket



Walnuts



Grated Italian Style Hard Cheese



Premium Tomatoes



Fresh Egg Tagliatelle

Before you start

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

Basic cooking tools you will need:

Baking Tray and Large Saucepan.

Ingredients

| | 2P | 3P | 4P |
|--|----------------|----------------|----------------|
| Garlic Clove** | 1 clove | 1 clove | 1 clove |
| Serrano Ham** | 4 slices | 6 slices | 8 slices |
| Chicken Breasts** | 2 | 3 | 4 |
| Tarragon** | ½ bunch | ¾ bunch | 1 bunch |
| Lemon** | ½ | ¾ | 1 |
| Rocket** | 1 bag | 1½ bag | 2 bags |
| Walnuts 2) | 1pack | 2 packs | 2 packs |
| Grated Italian Style Hard Cheese 7) 8)** | 1 pack | 1½ packs | 2 packs |
| Olive Oil for the Pesto* | 6 tbsp | 8 tbsp | 10 tbsp |
| Premium Tomatoes | 1 small punnet | 1 large punnet | 1 large punnet |
| Fresh Egg Tagliatelle 8) 13)** | 200g | 300g | 400g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 444g | 100g |
| Energy (kJ/kcal) | 2726 /652 | 614 /147 |
| Fat (g) | 26 | 6 |
| Sat. Fat (g) | 7 | 2 |
| Carbohydrate (g) | 36 | 8 |
| Sugars (g) | 4 | 1 |
| Protein (g) | 68 | 15 |
| Salt (g) | 2.43 | 0.55 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started

Preheat your oven to 200°C. Peel the **garlic clove(s)** and pop into foil with a drizzle of **oil** and scrunch to enclose it. Roast on a lightly oiled baking tray in your oven until soft, 10-12 mins. Meanwhile, lay the slices of **Serrano ham** lengthways on a board (2 slices per chicken breast). Place the **chicken** horizontally across the middle. Wrap the **ham** around the **chicken** to enclose it. Place them seam-side down on the same baking tray. Repeat with the remaining **chicken** and **ham**. Roast the **chicken** on the top shelf of your oven for 23-25 mins. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4. Tomato Time

About 10 minutes before the **chicken** has finished cooking, add the **tomatoes** to the roasting tray, drizzle with **olive oil** and season with **salt** and **pepper**. Return to the oven and cook until the **tomatoes** start to burst and the **chicken** is cooked, 8-10 mins. Leave the **chicken** to rest for 2-3 mins after it's cooked. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2. Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp **salt**. Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Zest and halve the **lemon**. Once the **garlic** is roasted, remove from the foil. Mash into a smooth paste with the back of a fork.



5. Cook the Pasta

While the chicken is resting, add the fresh **tagliatelle** to the boiling **water** (see ingredients for amount you need) and cook until tender, 3-4 mins. Drain in a colander then return to the saucepan. Spoon in the **homemade pesto** and stir through to coat the **pasta** evenly.



3. Make the Pesto

Reserve a quarter of the **rocket** to garnish. Pop the remaining **rocket**, **tarragon leaves**, **walnuts**, **hard italian style cheese**, **lemon zest** and **juice**, **olive oil** (see ingredients for amounts) and **garlic** and whiz in a food processor until blended. Season with **salt** and **pepper**. It should have a pourable consistency so add a little more **lemon juice** or **olive oil** to loosen if you need to. **TIP:** If you don't have a food processor, finely chop the rocket, tarragon and walnuts and pop into a bowl. Mix with the garlic, lemon zest and juice, olive oil and cheese. Season well with salt and pepper. Mix well and set aside.



6. Serve

Divide the **tagliatelle** between plates and top with the **chicken** and **roasted tomatoes**. Garnish with the remaining **rocket**.

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.