

Prosciutto Roasted Chicken Breast

with Creamy Mushroom-Thyme Sauce & Parsnip Mash

Grab your Meal Kit with this symbol



Potato



Parsnip



Garlic



Thyme



Asparagus



Eschalot



Chicken Breast



Prosciutto





Sliced Mushrooms



Light Thickened Cream

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Eat me early

 Naturally gluten-free
Not suitable for Coeliacs

This dish is full of clever tricks that make it anything but ordinary. Start by wrapping chicken in prosciutto to keep the chicken extra juicy, then add parsnip to potato for a new spin on mash and finish by giving a creamy sauce loads of flavour with thyme leaves and mushrooms.

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
parsnip	1	2
garlic	4 cloves	8 cloves
thyme	1 bunch	1 bunch
asparagus	1 bunch	2 bunches
eschalot	1	2
chicken breast	1 small packet	1 large packet
prosciutto	1 packet	2 packets
sliced mushrooms	1 packet (150g)	1 packet (300g)
butter* (for the sauce)	10g	20g
light thickened cream	1 packet (150ml)	2 packets (300ml)
butter* (for the mash)	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3919kJ (936Cal)	485kJ (115Cal)
Protein (g)	61.2g	7.6g
Fat, total (g)	56.6g	7g
- saturated (g)	29.5g	3.7g
Carbohydrate (g)	43.1g	5.3g
- sugars (g)	11.6g	1.4g
Sodium (mg)	1460mg	181mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Verdelho



Get prepped

Preheat the oven to **200°C/180°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and **parsnip** and cut into 1cm chunks. Finely chop the **garlic**. Pick the **thyme** leaves. Trim the ends of the **asparagus**. Finely chop the **eschalot**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the stems are soft, you can just chop them instead.



Make the sauce

While the potato and parsnip are boiling, roughly chop the remaining **prosciutto**. Heat a medium frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **eschalot** and remaining **garlic** and cook until softened, **1-2 minutes**. Add the **sliced mushrooms, thyme, butter (for the sauce)** and reserved **prosciutto**. Cook, stirring often, until browned, **4-5 minutes**. Add the **light thickened cream**, stir to combine and cook until thickened slightly, **2-3 minutes**. Season to taste.



Cook the chicken

In a large bowl, combine 1/2 the **garlic** and a drizzle of **olive oil**, then season with pepper. Add the **chicken breast** and toss to coat. Reserve a slice of **prosciutto** for the sauce, then lay 2-3 slices of **prosciutto**, slightly overlapping on their long side, on an oven tray lined with baking paper. Place a **chicken breast** across the **prosciutto**. Wrap the **prosciutto** around the **chicken** and turn, seam-side down, on the oven tray. Repeat with the remaining **chicken** and **prosciutto**. Bake until cooked through, **16-20 minutes**. Set the chicken aside to rest.

TIP: Chicken is cooked through when it's no longer pink in the middle.



Make the parsnip mash

Add the **butter (for the mash), milk** and **salt** to the saucepan with the **potato** and **parsnip**. Mash with a potato masher or fork until smooth.



Cook the veggies

While the chicken is baking, add the **potato** and **parsnip** to the saucepan of boiling water and cook until easily pierced with a knife, **15 minutes**. For the last **6 minutes** of cook time, place a colander or steamer basket over the saucepan and add the **asparagus**. Cover with a lid and steam until the asparagus is tender. Transfer the **asparagus** to a bowl, season with **salt** and **pepper** and cover to keep warm. Drain the **potato** and **parsnip** and return to the saucepan. Cover to keep warm.



Serve up

Slice the chicken. Divide the parsnip mash between plates. Top with the asparagus and chicken. Spoon over the creamy mushroom-thyme sauce.

Enjoy!