



Prosciutto-Wrapped Chicken Breast

with Truffle & Porcini Baked Risotto & Rocket Salad

Grab your Meal Kit
with this symbol



Dried Porcini
Mushroom



Chicken Stock



Brown Onion



Garlic



Sliced
Mushrooms



Arborio Rice



Prosciutto



Chicken Breast



Parsley



Lemon



Grated Parmesan
Cheese



Rocket Leaves



Truffle Oil



Hands-on: **20-30** mins
Ready in: **40-50** mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

You deserve something special! Like this next-level meal, with chicken breast wrapped in prosciutto – the cured meat holds in moisture and adds an abundance of flavour – plus a bed of porcini risotto and a drizzle of truffle oil.

Pantry items

Olive Oil, Butter

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

Large frying pan · Medium baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
boiling water*	2 cups	4 cups
dried porcini mushroom	1 punnet	2 punnets
chicken stock	2 cubes	4 cubes
brown onion	1	2
garlic	1 clove	2 cloves
butter*	40g	80g
sliced mushrooms	1 punnet (150g)	1 punnet (300g)
arborio rice	1 packet	2 packets
prosciutto	1 packet	2 packets
chicken breast	1 packet	1 packet
parsley	1 bag	1 bag
lemon	½	1
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
rocket leaves	1 bag (30g)	1 bag (60g)
truffle oil	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4490kJ (1070Cal)	757kJ (181Cal)
Protein (g)	75.2g	12.7g
Fat, total (g)	45.6g	7.7g
- saturated (g)	22.6g	3.8g
Carbohydrate (g)	86.6g	14.6g
- sugars (g)	6.3g	1.1g
Sodium (g)	1780mg	301mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

Fancy a Drop?

We recommend pairing this meal with Pinot Noir or Chardonnay



1. Get prepped

Preheat the oven to **200°C/180°C fan-forced**. In a heatproof jug or bowl, combine the **boiling water**, **dried porcini mushroom** and crumbled **chicken stock** cubes. Set aside. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press).



4. Cook the chicken

While the risotto is baking, 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 prosciutto** and **chicken**. Bake the **chicken** on the top rack of the oven until cooked through, **16-20 minutes**. Set the chicken aside to rest.

TIP: The chicken is cooked through when it is no longer pink in the middle.



2. Start the risotto

In a large frying pan, heat **1/2** the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **sliced mushrooms** and cook, stirring, until tender, **5 minutes**. Add the **garlic** and **arborio rice** and cook until fragrant, **1-2 minutes**.



5. Finish the risotto

While the chicken is baking, finely chop the **parsley**. Slice the **lemon** (see ingredients list) into wedges. When the **risotto** is done, remove from the oven and stir through the **grated Parmesan cheese** (reserve some for garnish) and **remaining butter**. Season generously with **salt** and **pepper**. Place the **rocket leaves** in a medium bowl and, just before serving, **drizzle** with **olive oil** and **squeeze** over a little **lemon juice**.

TIP: Beating Parmesan and butter into risotto is an Italian technique called 'mantecatura', and it helps create an extra-creamy texture.



3. Bake the risotto

Pour the **porcini mushroom mixture** into the frying pan and bring to the boil, then remove from the heat. Transfer the **risotto** to a medium baking dish. Cover tightly with foil and bake for **15 minutes**. Remove the dish from the oven and stir through a **splash** of **water**. Re-cover with foil and bake until the liquid is absorbed and the rice is 'al dente', **15-20 minutes**.

TIP: 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



6. Serve up

Thinly slice the prosciutto-wrapped chicken. Divide the porcini baked risotto between plates and top with the chicken. Sprinkle with the parsley and drizzle with **truffle oil** (**1 tsp for 2 people / 2 tsp for 4 people**). Serve the rocket on the side and garnish with the reserved Parmesan cheese. Serve with the remaining lemon wedges.

TIP: Truffle oil has a strong flavour, so use it sparingly!

Enjoy!