



# Saltimbocca Chicken & Truffle Parmesan Mash

## with Asparagus & Macadamias

Grab your Meal Kit with this symbol



Potato



Sage



Asparagus



Green Beans



Garlic



Macadamias



Truffle Oil



Grated Parmesan Cheese



Chicken Breast



Prosciutto



Lemon

Hands-on: **25-35** mins  
Ready in: **35-45** mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me early

Saltimbocca is Italian for "jump in the mouth" and as soon as you taste the chicken wrapped in sage and prosciutto, you'll understand why! Add decadent sides of truffle mashed potato and sautéed greens and you'll be jumping for joy!

### 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 · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sage	1 bunch	1 bunch
asparagus	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
macadamias	1 packet	2 packets
butter*	40g	80g
milk*	2 tbs	½ cup
truffle oil	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast	1 small packet	1 large packet
prosciutto	1 packet	2 packets
lemon	½	1

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3544kJ (847Cal)	529kJ (126Cal)
Protein (g)	61.9g	9.2g
Fat, total (g)	50.2g	7.5g
- saturated (g)	20.6g	3.1g
Carbohydrate (g)	32.7g	4.9g
- sugars (g)	7.4g	1.1g
Sodium (mg)	1312mg	196mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 Sauvignon Blanc or Chardonnay



## 1. Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Pick the **sage** leaves. Trim the woody ends off the **asparagus** (about 3cm). Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **macadamias**.



## 4. Fry the chicken

Heat a large frying pan over a medium-high heat. Once hot, add the **macadamias** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Return the frying pan to a medium heat with a **drizzle of olive oil**. When the oil is hot, add the **prosciutto-wrapped chicken**, seam-side down, and cook until golden and cooked through, **3-5 minutes** on each side (depending on thickness). Transfer to a plate to rest.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 2. Make the mash

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk** and **truffle oil** (see ingredients list) to the **potato**. Mash with a potato masher or fork until smooth. Stir through the **grated Parmesan cheese**. Season to taste with **salt** and **pepper** (the saltimbocca chicken is very salty!). Cover with a lid to keep warm.

**TIP:** Add more truffle oil to taste if you like, but remember it's a very strong flavour!



## 5. Cook the greens

While the chicken is resting, return the pan to a medium-high heat with a **drizzle of olive oil** (if needed). Add the **asparagus** and a **dash of water** and cook until starting to soften, **2 minutes**. Add the **green beans** and cook, tossing, until bright green and just tender, **3-4 minutes**. Add the **garlic** and cook until fragrant, **30 seconds**. **Squeeze** over a little **lemon juice** (see ingredients list).



## 3. Prep the saltimbocca chicken

While the potato is cooking, place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick. Lay out two slices of **prosciutto**, then place a **chicken breast** on top. Place a couple of **sage** leaves on top of the **chicken**, then wrap the **prosciutto slices** around the **chicken breast**. Repeat with the **remaining prosciutto, sage** and **chicken**.

**TIP:** It's OK if the prosciutto slices tear!



## 6. Serve up

Divide the truffle and Parmesan mash, saltimbocca chicken, asparagus and green beans between plates. Spoon the chicken resting juices over the chicken and sprinkle the toasted macadamias over the greens to serve.

## Enjoy!