

STUFFED CHICKEN WRAPPED IN PARMA HAM

This chicken is so simple to make and really tasty. Wrapping the chicken means it stays succulent, juicy & bursting with flavour. My preference is to use Cheddar cheese and Parma Ham, however, if you prefer you can substitute this for Mozzarella and bacon. Equally delicious served with steamed vegetables, salad & sweet potato fries or Mediterranean roast veggies. Perfect any time of year 😊

Makes: 4 Stuffed Chicken Pieces **Cooking Time:** 30 mins
Oven Temp: 180°/170° Fan/325°F/Gas Mark 3 **Prep. Time:** 10-15 mins
Equipment: Baking Tray & Tin Foil

INGREDIENTS

4 Chicken Breast Fillets
200g Cheddar Cheese (4 equal lumps of 50g each)
8 slices Parma Ham
Garlic Purée
Mixed Herbs

METHOD

- Preheat your oven to the required temperature.
- Prepare 4 pieces of tin foil. They need to be big enough for you to create individual parcels for your chicken fillets.
- Take a chicken fillet and slice it in half length ways. Don't cut it all the way through as you are trying to create a pocket.
- Measure out approximately 1 tsp of garlic purée and spread this all over the inside of your fillet. Sprinkle some mixed herbs evenly inside before placing your cheese in.
- Press the chicken down and back in to place, so it resembles just a chicken fillet again.
- Take a slice of Parma ham and, starting at one end, wrap the ham around your chicken piece. This will probably get to about half way up the fillet. Take another slice of ham and starting where the other sliced finished continue to wrap it around until the whole fillet is covered.
- Place the stuffed fillet in the middle of your piece of tin foil. Bring the sides of the tin foil that are along the length of your chicken up to meet each other and fold the edges together so that it seals the top. Fold or scrunch either end up so that it creates a parcel and stops all the juices running out. DON'T make the parcel too tight or closely wrapped around the chicken piece.
- Repeat with the other 3 fillets.
- Once all chicken parcels are prepared place them on a baking tray and into the oven.
- Cook for 30 mins. Take out of the oven and serve.
- **Please note:** If you would like the Parma ham/bacon to be a bit crispier then once it has finished cooking in the oven, open the parcels up to expose the ham/bacon and place under a high grill for about 5 minutes or until the tops have browned and crisped up.