



UCCOOK

Parma-stuffed Chicken & Crispy Skin

with roasted carrot wedges & Kalamata olives

This classic dish features chicken breast stuffed with thin slices of salty parma ham and oozy mozzarella cheese. These stuffed parcels are then coated in cheese-laced herby breadcrumbs before being roasted to tender perfection. Ten out of ten, would order again!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Boschendal | 1685 Merlot

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Ingredients & Prep

120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Free-range Chicken Breast
3 strips	Parma Ham
20g	Grated Mozzarella
20ml	Cake Flour
10ml	Panko Breadcrumbs
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20g	Italian-style Hard Cheese <i>½ grated & ½ peeled into ribbons</i>
20g	Green Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & halved</i>
80g	Baby Tomato Medley <i>halved</i>
100g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Egg/s
Paper Towel
Toothpicks (optional)

1. CRISP Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Remove the skin from the chicken breast and lay out the skin flat on a separate roasting tray with seasoning. Roast both trays in the hot oven for 30-35 minutes until crisping up.

2. FLATTEN Pat the chicken breast dry with paper towel and place on a chopping board. Slice into one side of the breast, starting at the thicker end and ending at the thin point (don't cut all the way through.) Open out the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness.

3. STUFF Place the flattened chicken breast, cut-side down, on the chopping board and season. Cover with ham, leaving a small gap around the edges of the breast. Sprinkle over the mozzarella cheese. Lightly wet the edges of the breast with water, then dust with a little flour. Fold the breast in half, so the ham and cheese is encased inside the breast. Press the edges together to firmly seal. You may need to secure the breast closed with a few toothpicks.

4. COAT & FRY Whisk 1 egg in a shallow dish with a tsp of water. Prepare two more shallow dishes: one containing the flour and the other containing a mixture of the breadcrumbs, ½ the chopped parsley, and the grated hard cheese. Coat the stuffed breast in the flour first, then in the egg, and lastly in the crumb mixture. Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the coated breast for 2-3 minutes per side until golden. Remove from the pan on completion and transfer to a roasting tray. Place in the hot oven and cook for 8-10 minutes until cooked through.

5. TOSS In a salad bowl, combine the rinsed green leaves, the halved olives, the halved baby tomatoes, the cucumber half-moons, the hard cheese ribbons, a drizzle of oil, and seasoning.

6. YUM! Dish up the roasted carrot wedges. Side with the stuffed chicken breast and serve the salad alongside. Crumble over the crispy chicken skin. Garnish with the remaining parsley.



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	495kj
Energy	118Kcal
Protein	9g
Carbs	6g
of which sugars	2.1g
Fibre	1.6g
Fat	6.2g
of which saturated	2.2g
Sodium	180mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 3
Days