



# 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!

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**Hands-On Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Adventurous Foodie

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 Boschendal | 1685 Merlot

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## Ingredients & Prep

480g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
3	Free-range Chicken Breasts
9 strips	Parma Ham
60g	Grated Mozzarella
60ml	Cake Flour
30ml	Panko Breadcrumbs
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
60g	Italian-style Hard Cheese <i>½ grated &amp; ½ peeled into ribbons</i>
60g	Green Leaves <i>rinsed</i>
60g	Pitted Kalamata Olives <i>drained &amp; halved</i>
240g	Baby Tomato Medley <i>halved</i>
300g	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 breasts and lay out the skin flat on a separate roasting tray with seasoning. Roast both trays in the hot oven for 35-40 minutes until crisping up.

**2. FLATTEN** Pat the chicken breasts dry with paper towel and place on a chopping board. Slice into one side of each breast, starting at the thicker end and ending at the thin point (don't cut all the way through.) Open out each breast so they each resemble 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 breasts, cut-side down, on the chopping board and season. Cover each breast with 3 slices of ham, leaving a small gap around the edges of each breast. Sprinkle over the mozzarella cheese. Lightly wet the edges of each breast with water, then dust with a little flour. Fold each breast in half, so the ham and cheese is encased inside each breast. Press the edges together to firmly seal. You may need to secure each breast closed with a few toothpicks.

**4. COAT & FRY** Whisk 2 eggs 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 each 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 breasts for 2-3 minutes per side until golden. You may need to do this step in batches. 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