

UCOOK

Parma-stuffed Chicken

with roasted carrot & 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!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Adventurous Foodie

Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
3	Free-range Chicken Breasts
80g	Parma Ham
60g	Mozzarella (Grated).
125ml	Cake Flour
150ml	Panko Breadcrumbs
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
60ml	Grated Italian-style Hard Cheese
60g	Green Leaves <i>rinse</i>
60g	Pitted Kalamata Olives <i>drain & cut in half</i>
90g	Danish-style Feta <i>drain & crumble</i>
150g	Cucumber <i>rinse & cut into rounds</i>

From Your Kitchen

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

1. CRISP Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BUTTERFLY CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness.

3. PARMA-CHEESE CHICKEN Place the flattened chicken breasts, cut-side down, on the chopping board and season. Cover each breast with 3-4 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 are 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 remaining flour and the other containing the breadcrumbs, ½ the chopped parsley, and the grated hard cheese. Coat the stuffed breasts in the flour first, then in the egg, and, lastly, in the crumb mixture. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the coated breasts until golden, 2-3 minutes per side. Remove from the pan and transfer to a roasting tray. Roast in the hot oven until cooked through, 8-10 minutes.

5. TOSSED SALAD In a salad bowl, combine the rinsed green leaves, the halved olives, the crumbled feta, the cucumber half-moons, a drizzle of olive oil, and seasoning.

6. YUM! Dish up the roasted carrot wedges. Side with the stuffed chicken breast and the salad. Garnish with the remaining parsley.



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	508kJ
Energy	122kcal
Protein	10.5g
Carbs	9g
of which sugars	2.3g
Fibre	1.8g
Fat	4.8g
of which saturated	2.2g
Sodium	244mg

Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days