

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Chicken Saltimbocca (*Sal – tim – bocca*)

Ingredients – serves 4 people

4 x 150gm chicken breast fillets skinless & boneless
(if you have a good butcher, ask them to butterfly them for you)
4 x slices of prosciutto (any cured ham or beef bacon may be used)
8 x fresh sage leaves (fresh thyme sprigs or rosemary may be used)
30ml x sunflower oil
150ml x chicken stock (stock cubes may be used)
Fresh ground black pepper (season to taste)



Method

Lay a chicken breast on a clean chopping board
Carefully slice through from the shorter side of the breast to open into a butterfly of equal thickness approx. 6 – 8mm)
Repeat with the remaining chicken breasts
Place 2 sage leaves on each chicken breast
Place prosciutto on top of the sage leaves



Heat a large non-stick pan over a medium high heat – then add the oil
Carefully place each chicken breast into the pan – prosciutto side down
Cook for approx. 3 minutes until golden brown
Turn each breast over (ensure the prosciutto does not come off)
Season with fresh ground black pepper to personal taste
Continue cooking for a further 2 minutes
Add the chicken stock and allow to cook for 2 minutes
Remove the chicken breasts and keep warm on the side
Increase the heat and reduce the sauce to the consistency of pouring cream
Pour the sauce over each breast and serve immediately

Serving suggestions.

Grilled Asparagus / French Beans / Green Salad
New Potatoes / Cheesy Mash Potatoes / Roasted Sweet Potatoes
Wedge of lemon
Add a knob of butter when reducing the sauce to give a richer finish