

Stuffed Chicken Breast

Ingredients

One chicken breast (200 - 250g)

About 40g soft blue cheese (Saint Agur preferred)

Large slice, or two if small, of Parma ham (ordinary ham can be used, but lacks a degree of flavour, although it is somewhat easier to cut)

Small quantity of olive oil (optional)

Method

Take one chicken breast, and slice it longitudinally so that it can be opened out, but the two halves remain joined. Spread the cheese between the halves, fold them together, and roll the ham round the "sandwich" to form a parcel; depending on the size, you may need two slices. Coat the outside with oil to keep it moist during cooking, although this is not essential if cooking in a covered dish.

Bake for 20 minutes at 180°C in a conventional oven, or for 25 minutes at 180°C (covered) in a fan convector oven.

Serves two, or one enthusiast!

The remaining half, if there is one, reheats well in the microwave!

Adrian March

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