

Chicken and Mozzarella wrapped in proscuitto ham with roasted vegetables recipe



Ingredients:

300g Chicken breast (no skin)
60g Mozzarella
30g Proscuitto ham
600g Sweet Potato
150g Red onion
Courgette & Peppers

Step 1:

Chop up all your vegetables, feel free to add more green vegetables to this such as broccoli, asparagus and kale for a more filling meal. Try to chop up your sweet potato in uniform chunks to allow for evenly cooked pieces.



Step 2:

Place your vegetables in a glass dish and put in the centre of the oven at 200°C. Cooking time will vary depending on the type of oven and the size of your sweet potato chunks however, 40minutes should be sufficient.

Step 3:

The next step is to butterfly your chicken. This works best with large fresh chicken breasts as they are easily cut in half as shown here. Place a slice of mozzarella inside the chicken and close up.





Step 4:

Now tightly wrap your chicken breasts in a strip of Italian prosciutto making sure the mozzarella stays inside.



Step 5:

Next you can either fry or grill your chicken breasts. This simply seals the chicken and allows for a crisper feel to your prosciutto. This will generally not fully cook your chicken through and it is best to put this on top of your vegetables for the final 15 minutes in the oven.



Nutritional info for one third of this recipe:

Energy (kcal)	404.0
Protein (g)	33.0
Carbohydrates (g)	50.0
Fat (g)	8.0