



Recipe name:

Cheesy Jalapeño-stuffed Chicken wrapped in Parma Ham

Recipe description:

An explosion of flavour! Chicken breasts are stuffed with a delicious filling of soft cheese, cheddar and diced PEPPADEW® Jalapeños, all tightly wrapped in Prosciutto di Parma and oven baked to perfection.

This quick, healthy and flavour-packed dish – pairing chicken and Parma ham – will ensure full stomachs and empty plates.

Prep Time

10 minutes

Cook Time

25 minutes

Serves:

4

Made with:

PEPPADEW® Jalapeño Mild Halves

Course:

Lunch / Dinner

Occasion:

Dinner Party / Quick & Easy / Family Recipes

Ingredients:

- 4 chicken breast fillets
- 4 PEPPADEW® Jalapeño Peppers – Mild Halves, diced
- 100g lightest soft cheese
- 80g Cheddar cheese, reduced fat, grated
- 3 spring onions, finely sliced

- 8 Prosciutto di Parma (Parma ham) slices
- Black cracked pepper and sea salt
- Low calorie cooking oil spray

To serve

- 4 tbsp reduced fat soured cream

Method:

1. Preheat the oven to 200°C, 180°C fan, or gas mark 6.
2. Place the chicken breast fillets on a chopping board and season generously with cracked black pepper and sea salt. Using a sharp knife, carefully cut a pocket of approximately 6cm into each chicken breast fillet and set aside.
3. In a bowl, combine the soft cheese, Cheddar, diced PEPPADEW® Jalapeño Peppers – Mild Halves and two finely sliced spring onions. Mix well to form a paste. Spoon a quarter of the paste into each chicken breast pocket.
4. Close the pockets and tightly wrap each breast with two slices of prosciutto, ensuring that the ham covers the opening of the pocket to ensure that the cheese is sealed inside.
5. Bring a large non-stick pan to the hob and place on a medium heat. Once hot, spray with low calorie cooking oil and fry the wrapped chicken breasts for around five minutes, or until lightly browned.
6. Transfer the chicken to an ovenproof dish and bake in the oven for 20 minutes, or until the chicken is cooked through and the juices run clear.
7. Garnish with the remaining spring onion and serve with a dollop of soured cream. Enjoy!