

# Chicken wrapped in Parma Ham

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email [Rebecca.Williams@ageuknorthtyneside.org.uk](mailto:Rebecca.Williams@ageuknorthtyneside.org.uk).

## Variations

- Can use bacon instead of Parma Ham
- Can use mozzarella instead of Boursin etc.

## Kit

- Chopping board and knives
- Baking tray
- Hot water and soap to wash your hands after touching raw meat
- Pan for gravy if doing that
- Steamer for veg if doing that

## Ingredients

- 2 to 4 skinless chicken breasts (or however many people you are cooking for)
- 1 packet of Boursin (garlic cheese) (or Mozzarella)
- 8 slices of Parma Ham (or bacon) 2 per chicken breast.
- Herbs etc. as personal preference dictates
- A large glass of white wine (optional)
- 250 ml of chicken stock (optional)
- Olive oil for frying (optional)

I tend to serve this with rice and steamed veg but it can be served with mash, boiled potatoes, salad, etc.



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## Method

### Step 1

- Slice through the chicken breast carefully but not quite right through and stuff each one with some Boursin. Try to re-close the chicken breast so that the cheese won't spill out.

### Step 2

- Lie two slices of Parma Ham next to each other and then lie the stuffed chicken breast on it and wrap it up nice and tight.

### Step 3 (optional)

- Heat the olive oil in a heavy based pan and fry the wrapped chicken on both sides for around 2/3 minutes each side. You just want to brown the Parma Ham.

### Step 4 (wine bit optional)

- Pop into an oven proof open dish (which can be put on the hob later) then splash the wine in to the frying pan to deglaze any juices and then tip over the chicken and pop in the oven.

### Step 5

- This will need cooking for around 20 minutes.

### Step 6

- When cooked, transfer the chicken to a serving plate and keep warm.

### Step 7 (alternative: just make gravy in a pan and pour in some of the meat juices, this is what I do)

- Put the oven proof dish on the hob (don't worry if some Boursin has spilled out!) and add the stock. Bubble away for 5 mins until reduced to half, add a tablespoon of Boursin, mix in and then pour over the chicken.

### Step 8

- Best served with mash and baby veg! Enjoy!

**Chef's tip:** If you are steaming the veg, use the water from the steamer to make your gravy with. It captures flavour and vitamins from the veg and will improve the flavour of the gravy.