

Roast Chicken Breast with Artichoke, Sage & Prosciutto Stuffing



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 boneless chicken breasts,
30g butter,
½ brown onion, chopped,
2 cloves garlic, chopped,
100g artichoke hearts, chopped,
1 tablespoon sage, chopped,
1 teaspoon Dijon mustard,
2 slices prosciutto, chopped,
½ cup mozzarella cheese, grated,
Salt & cracked pepper to taste
Extra butter, melted,



How to Prepare

1. Heat oven to 180oC.
2. Heat butter in a pan over medium-high heat. Add onion and garlic. Sauté until soft. Add artichokes, sage and prosciutto and heat through to infuse flavours. Remove from heat and cool.
3. Place artichoke mixture in a bowl and add mustard, cheese, salt & pepper. Mix well.
4. Place chicken breasts on a board and cut into the thicker side of the chicken breast to form a pocket. Divide the stuffing into 4 and insert into each chicken breast. Fold over opening and seal with toothpicks.
5. Place chicken in an oven tray and brush with melted butter. Sprinkle with salt and cracked pepper.
6. Bake for 15-20 minutes or until juices run clear when pierced with a skewer.

Serves 4



Artichoke ... the King of Vegetables