

# Chicken Saltimbocca

Meaning 'to jump into your mouth' – this dish is packed with flavour and is perfect for a spring/summer evening, accompanied by a mixture of chargrilled vegetables, just the way the Italians like to do it.



Serves 2

## Ingredients

- 2 x large chicken breasts
- 4 x large or 6 small fresh sage leaves
- 2 or 3 slices prosciutto
- 1 tablespoon unsalted butter
- 4 tablespoons of flour seasoned with a little salt and a good grind of black pepper
- 2 tablespoons olive oil with a knob of butter
- 1 good swig of marsala or white wine
- ½ lemon juiced
- Garnish of flat leaf parsley

## Method

- Place each chicken breast, in turn, on a chopping board, butterfly the breast by slicing through the thickest part and opening flat. Cover with clingfilm and, using your fists or a rolling pin, bash them out until they are about 5mm thick, then discard the clingfilm
- Lay the prosciutto on the flattened chicken ensuring that each piece is neatly covered
- Lay 2 or 3 fresh sage leaves on top and secure with a cocktail stick
- Lightly dust both sides of the flattened chicken with the seasoned flour
- Heat a frying pan, over a medium heat, and add the oil and butter
- Add the chicken and fry for about 2 minutes on each side, until golden brown
- When done, remove to a hot plate and cover with foil to keep warm
- Put the pan back on the heat, add the marsala or wine and simmer for 1 minute to cook off the alcohol, add a squeeze of half a lemon, depending on how sharp you like it, then add the butter to create a lovely tangy, glossy sauce
- Sprinkle with chopped flat leaf parsley

Serve the saltimbocca with a drizzle of sauce – (remember to remove the cocktail sticks), crispy roast potatoes & mixed chargrilled veg.