

Method

1. Preheat oven to 180°C.
2. Make filling for the chicken rolls by mixing chopped tomatoes, basil and ricotta cheese.
3. Check that each chicken breast is even in thickness all over (may require you to flatten with a mallet/rolling pin)
4. Take a piece of cling wrap (about 30cm long) and lay this on a bench or cutting board.
5. Lay slices of prosciutto each slightly overlapping roughly the same size as the chicken breast. Place the chicken breast on top.
6. Add 2-3 heaped tablespoons of stuffing in the middle of the chicken breast then begin to roll the chicken and prosciutto up tightly with the cling wrap. Use toothpicks if needed to secure rolls together.
7. Repeat with remaining chicken breasts.
8. If possible, place the uncooked rolls in the refrigerator to chill for up to one hour.
9. Heat oil in a large frypan over medium-high heat. Cook chicken breasts a few minutes until browned on all sides.
10. Transfer to oven and bake a further 8-10 minutes, or until chicken is cooked through.

Ingredients – Serves 18

- ½ cup semi dried tomatoes, chopped
- 1/2 cup fresh basil leaves, thinly sliced
- 400g reduced fat fresh ricotta (from deli section)
- 6 skinless chicken breast fillets (1/3 breast per serve)
- 16 slices prosciutto



Notes:

Rolls can be prepared up to 24 hours in advance and stored in the refrigerator wrapped tightly in cling wrap to hold their shape.

