## **Prosciutto Chicken Rolls**

## Nutrition for Outside School Hours Care • another NAQ Nutrition program

Ingredients – Serves 18

## **Method**

- 1. Preheat oven to 180°C.
- Make filling for the chicken rolls by mixing chopped tomatoes, basil and ricotta cheese.
- Check that each chicken breast is even in thickness all over(may require you to flatten with a mallet/rolling pin)
- Take a piece of cling wrap (about 30cm long) and lay this on a bench or cutting board.
- 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.

## 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.

NAQ NUTRITION (formerly trading as Nutrition Australia Qld) | web www.naqld.org 12/212 Curtin Ave West, Eagle Farm 4009 | ph 07 3257 4393 fax 07 3257 4616 email oshc@naqld.org

> © Copyright 2016. The Australian Nutrition Foundation (Qld Div.) Inc t/a NAQ Nutrition. All rights reserved NOSHC\_REC70\_Prosciutto Chicken Rolls





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

