





## CHICKEN BREASTS WRAPPED IN PARMA HAM WITH CREAMY LEEK SAUCE

### Chicken and Parma ham

Make sure chicken breasts are dry by patting with paper towel. Mix oil, thyme, salt and pepper, and marinate chicken in the mixture for at least 30 minutes, or longer. Heat a large pan, big enough to fit all the breasts without touching, until very hot. Do not add any oil to the pan. Place the marinated chicken breasts in the hot pan and allow to brown on one side. Turn them over and brown the other side until golden. Remove the chicken to a tray and allow to cool. Remove the pan from the heat, and prepare it to be used again.

Once the chicken is cool, place 2 to 3 strips Parma ham on a cutting board so they overlap and form a rectangular shape. Place a breast on top and wrap it tightly; repeat with the rest of the breasts. Reheat the large frying pan over high heat and brown until the Parma ham is golden. Place on a tray, ready to finish cooking in the oven when ready to serve.

### Creamy leek sauce

Heat a pan over medium-high heat. Add butter, leeks, onion, garlic and parsley, and sauté slowly until the leeks become soft; no browning is required. Add flour and continue stirring until the mixture makes a soft paste. Then add cream and cheese, and reduce the heat to low while continuing to stir. Once the sauce is thick and smooth, season to taste and set aside.

### To serve

Heat the oven to 180°C and place the ham-wrapped chicken breasts in it for 10 to 12 minutes, and slowly reheat the creamy leek sauce at the same time. Serve together, garnished with toasted pine nuts and herbs.

Serves 8-10

8 chicken breast fillets  
45 ml olive oil  
bunch of thyme, leaves picked and chopped  
salt and pepper  
300 g Parma ham (or pancetta or thin streaky bacon)

45 ml salted butter  
5 large leeks, washed and thinly sliced  
1 large white onion, finely chopped  
4 garlic cloves, finely chopped  
bunch of parsley, chopped  
30 ml cake wheat flour  
240 ml cream  
150 g Parmesan, grated  
salt and pepper

pine nuts, toasted, to garnish  
fresh herbs, chopped, to garnish