



## Parmesan Chicken Breasts with Crispy Posh Ham

*This is a great way to prepare chicken breasts. The texture of the crisp cooked prosciutto goes brilliantly with the tender chicken. Bashing the chicken out thinly before you start cooking means it cooks much faster than a regular chicken breast. If you can't get hold of prosciutto then any kind of thin ham, such as Parma ham, or even smoked streaky bacon, will work just as well.*

### Serves 2

- 2 sprigs of fresh thyme
- 2 skinless chicken breasts fillets, preferably free-range or organic
- freshly ground black pepper
- 1 lemon
- 1¼ ounces grated Parmesan
- 6 slices of prosciutto
- olive oil

### To prepare your chicken:

Grate your Parmesan • Pick the thyme leaves off the stalks • Carefully score the underside of the chicken breasts in a criss-cross fashion with a small knife • Season with a little pepper (you don't need salt as the prosciutto is quite salty) • Lay your breasts next to each other and sprinkle over most of the thyme leaves • Grate a little lemon zest over them, then sprinkle with the Parmesan • Lay 3 prosciutto slices on each chicken breast, overlapping them slightly • Drizzle with a little olive oil and sprinkle with the remaining thyme leaves • Put a square of plastic wrap over each breast and give them a few really good bashes with the bottom of a pan until they're about ½ inch thick

### To cook your chicken:

Put a frying pan over a medium heat • Remove the plastic wrap and carefully transfer the chicken breasts, prosciutto side down, into the pan • Drizzle over some olive oil • Cook for 3 minutes on each side, turning halfway through, giving the ham side an extra 30 seconds to crisp up

### To serve your chicken:

Either serve the chicken breasts whole or cut them into thick slices and pile them on a plate • Serve with some lemon wedges for squeezing over, and a good drizzle of olive oil • Lovely with mash and green veggies or a crunchy salad!

