

# NutritionConfidence Recipes

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(Association for Dietetics in South Africa)

## Stuffed chicken breast wrapped in prosciutto

For special occasions!

Recipe by Vanessa Marx

Photograph by Claire Dunn

### Ingredients

2 free-range chicken breast fillets    100 g baby spinach    4 long slices of prosciutto ham    2 tablespoons chopped parsley  
100 g soft Danish style feta    10 ml olive oil    pepper    zest of half a lemon

### Method

- 1 Heat medium pan on a high heat.
- 2 Add the olive oil and the baby spinach. Season the spinach with a pinch of pepper, and sauté the spinach until just wilted.
- 3 Remove the spinach from the pan and put into a mixing bowl to cool. Once cooled, squeeze any excess liquid from the spinach and crumble the feta into the spinach. Add the lemon zest and parsley and mix to combine.
- 4 Preheat the oven to 180 deg C.
- 5 Lay two slices of prosciutto onto a chopping board, slightly over lapping.
- 6 Place the chicken breast on top of the prosciutto slices. Make a lengthways slit down the middle of each chicken breast, to butterfly it. Split the feta and spinach mix into two and stuff one half of the mixture into the chicken breast. Repeat the same process with the other chicken breast and stuff with the other half of the spinach mixture.
- 7 Roll the chicken breast up, wrapping it in the prosciutto.
- 8 Use a toothpick to pin and seal the ends of the chicken roll.
- 9 Put a non stick pan on medium heat.
- 10 Brown the chicken breasts for about 2 minutes until golden brown, turning them every couple of seconds for an even colour.
- 11 Transfer the breasts into an oven proof dish and bake for 12 minutes.
- 12 Remove from the oven and remember to remove the toothpicks.
- 13 Serve with a fresh seasonal salad or side dish of your choice.

Serves 2

 We love it!

The perfect easy-to-prepare option for your next dinner party. This dish is sure to WOW your guests!

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Dietitians say...

This is the lower fat version of bacon wrapped chicken breast with creamy feta spinach. Leaner or lower fat protein options are used in this recipe – skinless chicken breasts instead of thighs; prosciutto ham instead of bacon; and Danish feta instead of Greek feta. To lower the saturated fat content of this recipe further, use reduced fat soft feta and remove excess visible fat from the prosciutto before cooking. Unfortunately the sodium content of this dish is high – the feta cheese and prosciutto ham being the main contributors. So rather keep this meal for special occasions!

The Nutritional Value (Per portion): Energy: 1063 kJ Protein: 35.2 g Carbohydrate: 2.1 g Total Fat: 11.6 g Dietary Fibre: 2.3 g Sodium: 1082 mg