

# Baked Chicken Breast Stuffed with Parsley, Lemon and Pine nuts

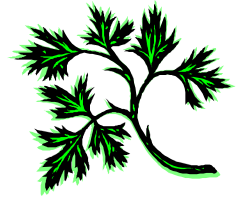
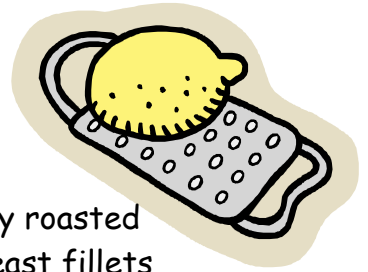
Serves 4

## Ingredients

2 spring onions, finely sliced  
200g low fat ricotta  
Finely grated zest of 1 lemon  
1/4C chopped flat leaf parsley  
1T lemon juice



1/4C pine nuts, lightly roasted  
4 X 180g chicken breast fillets  
8 thin slices prosciutto  
1T olive oil



## Method

1. In a small bowl, combine the spring onions, ricotta, lemon zest and juice, parsley and pine nuts.
2. Season lightly, then cover and refrigerate for 10 minutes.
3. With a sharp knife, make a long incision along the side and into the centre of each chicken breast, being careful not to cut through to the other side.
4. Spoon a quarter of the ricotta mixture into each breast pocket.
5. Place two slices of prosciutto on your work surface, overlapping them slightly.
6. Place a stuffed chicken breast across the prosciutto, then roll up and secure with toothpicks.
7. Repeat with the remaining chicken and prosciutto.
8. Preheat oven to 180°C.
9. Heat oil in a frying pan over high heat.
10. Add chicken and cook for 4 minutes each side, then transfer to a baking tray.
11. Bake for 10 minutes, or until cooked through.
12. Serve chicken with mixed steamed vegetables (and remove toothpicks).

