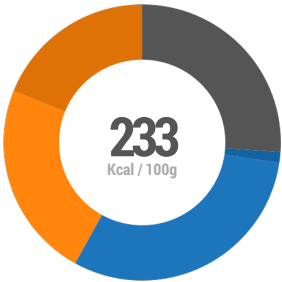


# Chorizo and Mozzarella stuffed Chicken with Saffron Risotto, Gremolata Dressing and Crispy Parma Ham

By Oliver Lloyd from Brakes

Overview ...

U / 7204353



CALORIES:

**31.9% Carbs**

**26.1% Protein**

**42% Fat**

Food Labelling...

Serves 1

CONTAINS:

MILK

SULPHITES

MAY CONTAIN:

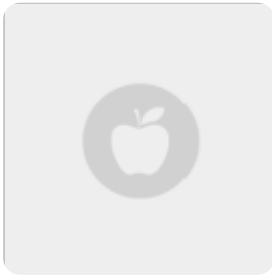
OATS, WHEAT, BARLEY, RYE

SOYA

Recipe Ingredients ...	Quantity:	Description:
135726 Chorizo, Mozzarella Stuffed Chicken Breast Wrapped in Streaky Bacon	215g	1x Each
130752 Gallo Pronto Saffron Risotto Base - BRAKES	100g	0.1x Each
25696 Brakes Dry White Cooking Wine - BRAKES	20g	0x Each
10291 Large Onions 2.5kg	20g	
71018 Grated Parmigiano Reggiano - BRAKES	30g	0.03x Each
113881 Herb Bunched Flat Leaf Parsley - BRAKES	15g	0.15x Each
114218 Lemons - BRAKES	0.5g	0.01x Each
10439 Fresh Garlic	5g	
33889 Veraneo Olive Oil	10g	
116160 Parma Ham Slices	10g	
113879 Premium Large Basil Bunch - BRAKES	2g	0.02x Each
11127 Brakes Unsalted Butter - BRAKES	10g	0.04x Each

Products / Pack Sizes ...

1 Serving



*Product code*

*Barcode*

438g / 1026kcal

# 1

#### Cooking Instructions & Notes

#### Preparation:

Defrost the chicken  
Dice the onion  
Chop the garlic  
Chop the parsley  
Zest and juice the lemon  
Deep fry the ham

#### Method:

1. In a pan over a medium heat begin to fry the chicken then transfer to an oven at 180oC for 7 mins or until a core temperature has been reached.
2. In a pan mix together the parsley, garlic, lemon and olive oil - warm very slightly and leave to one side.
3. In a pan gently fry the onions in the butter.
4. Add the risotto rice and coat the grains - add the wine.
5. Periodically add water or stock to the risotto to cook the rice - once the rice is cooked stir in the parmesan.
6. Spoon the risotto into a bowl and top with the chicken.
7. Garnish with the gremolata, basil leaves and crispy ham - serve!