



INGREDIENTS

For the Lemon & Sage butter:

zest of ½ lemon

40g butter, softened

1 tbsp chopped sage leaves

salt and freshly ground black pepper

2 chicken breasts, skinless

2 slices of Parma Ham

2 large sage leaves

2 tbsp seasoned flour

drizzle of oil

salt and freshly ground black pepper

METHOD

1. *First make the lemon and sage butter:* Place the butter in a bowl and add the lemon zest, sage leaves and seasoning. Mix with a spoon until well combined. Roll the butter into a cylinder shape using cling film and place in the fridge to firm.
2. Place the chicken breasts between two pieces of cling film and bat out using a rolling pin until each breast is 1cm thick, taking care not to split the flesh when doing this.
3. Place a sage leaf on top of each breast and wrap with a slice of Parma Ham.
4. Carefully dust each side of the chicken with seasoned flour and pat off any excess.
5. Warm a frying pan over a moderate heat and add a drizzle of oil. When the oil is hot, pan fry the chicken breasts for 4 minutes on each side (cook the presentation side first).
6. Half way through cooking add half of the lemon and sage butter to the pan and baste the chicken with the melted butter.
7. Ensure the chicken is thoroughly cooked before removing from the pan to drain on kitchen paper before serving.

To serve:

Place the chicken saltimbocca in the centre of a warm serving plate with a disc of the lemon and sage butter on top.

Serve with roasted garlic potato mash and vegetables.