



Pan roasted chicken with crisp prosciutto & tomatoes

READY IN



60 min.

SERVINGS



6

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g butter soft
- ☐ 4 garlic cloves chopped
- ☐ 2 tbsp olive oil
- ☐ 6 slices pancetta (85g pack)
- ☐ 1050 g chicken breast fillets boneless skinless
- ☐ 800 g tomatoes chopped canned
- ☐ 150 ml vegetable stock
- ☐ 4 sprigs oregano chopped

- ☐ 400 g .5 can cannellini beans drained and rinsed canned
- ☐ 1 ciabatta loaf cut into 12 slices
- ☐ 250 g punnet cherry tomato halved
- ☐ 18 basil leaves whole chopped
- ☐ 1 leaves salad tossed in your favourite dressing mixed

Equipment


- ☐ bowl

Directions

- ☐ Mix the butter in a bowl with half the garlic. Get everything in bowls or on plates ready to take outside. Light the barbie.
- ☐ Heat a sturdy roasting tin on the barbie rack, in the oil to coat the tins base.
- ☐ Lay in the prosciutto and crisp on both sides. Set it aside.
- ☐ Season the chicken and brown on both sides in the tin. Stir in the rest of the chopped garlic, and add the chopped tomatoes, stock and oregano. Simmer for 3 minutes, turn the breasts over and simmer for a further 3 minutes.
- ☐ Tip in the cannellini beans, turn the chicken over and simmer for another 3 minutes, then turn again and simmer for 3 minutes more. Now taste the sauce and add a little seasoning if you think its needed.
- ☐ Towards the end of the chickens cooking, toast the ciabatta on both sides on the barbie you may need to do this in batches, depending on the size of your barbie.
- ☐ Toss the tomatoes and chopped basil into the chicken mix.
- ☐ Let the tomatoes soften slightly, then top with the crisp prosciutto and scatter over the whole basil leaves.
- ☐ Spread the garlic butter on the ciabatta and arrange butter-side up around the edge of the chicken, or put the bowl of garlic butter on the table for guests to spread their own.
- ☐ Serve hot, with mixed leaf salad.

Nutrition Facts



 PROTEIN **29.73%**  FAT **34.65%**  CARBS **35.62%**

Properties

Glycemic Index:44.83, Glycemic Load:6.48, Inflammation Score:-9, Nutrition Score:32.479565055474%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 699.96kcal (35%), Fat: 27.14g (41.75%), Saturated Fat: 11.7g (73.15%), Carbohydrates: 62.76g (20.92%), Net Carbohydrates: 55.28g (20.1%), Sugar: 7.41g (8.24%), Cholesterol: 153.11mg (51.04%), Sodium: 1016.34mg (44.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.39g (104.77%), Vitamin B3: 20.59mg (102.97%), Selenium: 60.2µg (86%), Vitamin B6: 1.66mg (82.81%), Phosphorus: 503.75mg (50.38%), Potassium: 1480.05mg (42.29%), Manganese: 0.77mg (38.6%), Vitamin B5: 3.13mg (31.31%), Vitamin C: 24.74mg (29.99%), Fiber: 7.48g (29.91%), Iron: 5.28mg (29.35%), Magnesium: 116.09mg (29.02%), Vitamin E: 4.11mg (27.4%), Vitamin K: 27.89µg (26.56%), Copper: 0.5mg (24.98%), Vitamin A: 1101.49IU (22.03%), Vitamin B1: 0.32mg (21.38%), Folate: 77.62µg (19.4%), Vitamin B2: 0.3mg (17.67%), Zinc: 2.36mg (15.72%), Calcium: 138.84mg (13.88%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 0.21µg (1.38%)