



ROSEMARY PROSCIUTTO CHICKEN WITH POTATOES

Tomatoes on the vine make a pretty presentation for this dish, but if you can only find regular cherry or grape tomatoes, the recipe will still turn out great.

🕒 20 minutes

🕒 50 minutes

🍴 4 portions

INGREDIENTS

- 1 spray, about 1/3 second [1 NLEA serving] of oil, PAM cooking spray, original [0 g]
- 500 grams of potatoes, red, flesh and skin, raw, thinly sliced
- 1 tbsp of rosemary, fresh [2 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 tsp of oil, olive, salad or cooking [5 g]
- 3/4 tsp of salt, table [5 g]
- 1/2 tsp, ground of spices, pepper, black [1 g]
- 600 grams of chicken, breast, without skin, raw [4 unit of 5oz/140gr chicken breast]
- 200 grams of dry-cured ham [4 slices of about 2 Oz/50gr each use Parma ham or prosciutto]
- 225 grams of tomato, cherry, raw [ideally use tomato on vine but if not possible use regular red tomatoes not too big]

COOKING METHOD

- 1° Preheat oven to 400°F. Spray large rimmed sheet pan with nonstick spray.
- 2° Place potatoes, garlic, and large rosemary sprigs in prepared pan. Drizzle with 1 tablespoon oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Spread evenly in pan and roast 10 minutes.
- 3° Meanwhile, sprinkle chicken with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Top each breast with 1 slice of prosciutto, folded into thirds; tuck 1 small rosemary sprig under each slice of prosciutto.
- 4° Remove pan from oven and carefully place chicken on top of potatoes. Roast 15 minutes.
- 5° Remove pan from oven and place tomatoes in pan. Drizzle tomatoes with remaining 1 teaspoon oil and continue roasting until chicken is cooked through and potatoes are tender, about 10 minutes.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (388 g)	% DRI
ENERGY	108 kcal	418 kcal	21 %
FAT	3 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	25 mg	98 mg	33 %
SODIUM	432 mg	1673 mg	70 %
CARBOHYDRATE	6 g	23 g	8 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	12 %
PROTEIN	14 g	52 g	—