

## **CHICKEN CAPONATA**

### **Ingredients-** SERVES 4

4 chicken breast  
4 slices of Parma ham  
Marinated anchovies in salt brine  
Fresh basil

### **Caponata**

50g olive oil  
85g diced red onion  
75g each of diced red/green and yellow peppers  
100g diced courgette  
25g caper berries  
1g mixed dried herbs  
60g tomato puree  
15g chopped parsley  
15g chopped basil  
3g Salt  
2g pepper  
350g chopped tomatoes

### **For the garnish**

Blanched stem broccoli, basil oil

### **Method-caponata**

In a pan gently fry the oil and red onions, add the peppers and courgette and cooked for two to three minutes. Stir in the mixed herbs and caper berries and reduce the heat. Add the tomato puree and chopped tomato and cooked for a further five minutes. Fold in salt and pepper to taste, just before serving add the fresh herbs.

### **Method-chicken**

Take your slices of parma ham and lay them vertically across a chopping board or work surface. Cris-cross two anchovy fillets horizontally down the middle of each slice. On top of the anchovy fillets place one leaf of fresh basil. Then place a chicken breast horizontally on top. Carefully from the bottom, take the slice of parma ham and slowly roll to the top. Heat a non stick frying pan (skillet). Sear the rolled chicken breasts on all sides then remove and place on a roasting tray. Cook in a pre-heated oven (200°) for a further 15-20 mins