

PROSCIUTTO-WRAPPED CHICKEN FILLETS WITH ASPARAGUS PESTO SAUCE

A recipe by **FoodNouveau**

INGREDIENTS

Serves 2

- 2 tbsp [30 ml] all-purpose flour
- 2 chicken breasts (about 6 oz [170 g] each), cut along the side to make two thinner fillets per breast (or 4 store-bought chicken fillets)
- 4 slices prosciutto
- 6 oz [170 g] thin green asparagus, washed, tougher ends discarded, cut in 1-inch [2.5-cm] pieces (or shorter, if the asparagus are thick-stemmed)
- 2 tbsp [30 ml] extra-virgin olive oil
- ¼ cup [60 ml] pesto, homemade or store-bought
- ¼ cup [60 ml] heavy cream (suitable for cooking; I use lactose-free, you can also substitute soy or rice cream in a pinch)
- ¼ cup [60 ml] chicken broth
- fresh basil leaves, to serve (optional)



METHOD

Put the flour in a shallow plate. If the chicken breasts are very moist, pat them dry with a paper towel. Season on both sides with salt and pepper (careful with the salt since the prosciutto is salty too), then dredge each chicken fillet in flour and shake off the excess. Wrap each fillet in a slice of prosciutto, place on a plate and reserve.

Cook the asparagus pieces until crisp-tender by steaming (5 minutes in a steamer basket set over boiling water) or microwaving (2 minutes with a tablespoon water in a microwave-proof bowl covered with plastic wrap), then run under cold water to stop the cooking process. Reserve.

Mix the pesto, cream and chicken broth together in a small bowl or measuring cup and keep the mixture close to the stove.

Heat the olive oil in a large skillet over medium-high heat. Add the prosciutto-wrapped chicken fillets and cook for 5 minutes. Lower the heat to medium, flip the chicken fillets and cook for another 4 to 5 minutes, or until just cooked through.

Lower the heat to the minimum and add the pesto-cream sauce. Simmer the sauce very gently for a couple of minutes (the sauce should thicken slightly), then add the cooked asparagus. Leave it on the heat for about a minute, just until everything's hot. Taste and season with more salt and pepper if necessary.

Plate two chicken fillets per person over half the sauce with a side of your choice (pasta dressed with best-quality extra-virgin olive oil, parmigiano-reggiano and freshly ground black pepper, crispy new potatoes, or rice). Sprinkle with basil leaves and serve immediately

Recipe Credit: Translated and adapted from Kwestia Smaku

Photo Credit: Marie Asselin

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