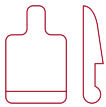




# Chicken Parmigiana Bake



PREPARATION TIME: 30  
MINUTES



COOKING TIME: 50 MINUTES



SERVES: 4

## Ingredients

4 medium chicken fillets  
1/4 cup light olive oil  
2 onions, finely chopped  
4 garlic cloves, crushed  
1/2 red capsicum, finely chopped  
1 1/2 cups passata  
1/2 cup chicken stock  
1/4 cup tomato paste  
2 tablespoons chopped basil  
2 tablespoons chopped oregano  
1 teaspoon brown sugar  
Salt and freshly ground black pepper, to taste  
4 slices prosciutto  
1 cup grated mozzarella cheese  
1/2 cup shredded Parmesan  
4 basil leaves, extra  
Steamed greens or green salad, to serve

## Method

Preheat the oven on CircoTherm® to 160°C.

Use a sharp knife to butterfly out each chicken fillet to an even thickness. Heat half the oil in a non-stick frypan on induction setting 8, add the chicken to the hot pan and cook 2-3 minutes on each side until lightly browned. Remove from the pan, keep warm.

Heat the remaining oil in the pan on setting 6 and sauté the onion for 3-4 minutes, add the garlic and capsicum and cook a further 2 minutes. Add the passata, stock, tomato paste and herbs to the pan, reduce to setting 3 or 4 and simmer gently, covered for another 8-10 minutes. Season with salt, pepper and sugar.

Pour the sauce into a 37 x 32cm rectangular Le Creuset baking dish. Place the chicken into the sauce and top each with 2 slices of prosciutto. Combine the cheeses and sprinkle over the chicken, then place a basil leaf on each.

Bake for 25-30 minutes until chicken is cooked and golden. Serve with steamed greens or green salad.

## Notes

We have used the 32cm Le Creuset rectangular baking dish for this recipe. It can be purchased online by visiting <https://www.lecreuset.com.au/stoneware-shallow-rectangular-dish>. You'll find this dish great for roasting, baking and serving.