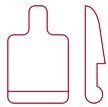




Chicken Parmigiana Bake



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.