

GARLICKY CHICKEN



MINUTES TO PREPARE

5



MINUTES TO COOK

40



SERVES

4



INGREDIENTS

50g soft butter
3 cloves of garlic, peeled
1 tablespoon cream cheese
(Philadelphia)
1 large handful flat leaf parsley, finely chopped
1 pinch Maldon sea salt
4 chicken breasts, skin removed
12 rashes of thinly smoked bacon, rind removed
100ml white wine
100 ml water
Salad of little gem, cherry tomatoes and cucumber to serve.

You will need a pestle and mortar, roasting tray and a small saucepan.

LET'S GET COOKING

- 1 Preheat the oven to 190 degrees/375/gas 5.
- 2 In a pestle and mortar, pound the garlic to a paste. Add the soft butter, cream cheese, chopped parsley, pinch of Maldon sea salt and mix well.
- 3 Using a sharp small knife make an incision through the fattest part of the chicken breast from top to bottom. Go right the way through the flesh from one end to the other forming a tunnel, being careful not to puncture the sides.
- 4 Get a large teaspoon of garlic butter mix and evenly stuff it right through the tunnel so that it reaches the other end.
- 5 Next, lay out 3 rashes of bacon. Roll the stuffed chicken breast up in the bacon and place in a roasting tray, tucking the ends of the bacon underneath the breast. Repeat with the other chicken breasts until all four are stuffed.
- 6 Pour in the wine and water. If you are making it in advance, you can now leave in the fridge until ready to cook.
- 7 If you are making it straight away, place the roasting tray in the oven and cook for 35 minutes.
- 8 Remove from the oven and carefully pour the juices into a saucepan. Cover the chicken breasts in tin foil to rest and keep warm while you make the sauce.
- 9 Bring the juices in the saucepan to the boil and reduce until there is 1/5 left.

Slice the chicken and serve with a crunchy salad, wonderfully complimented by the delicious juices.