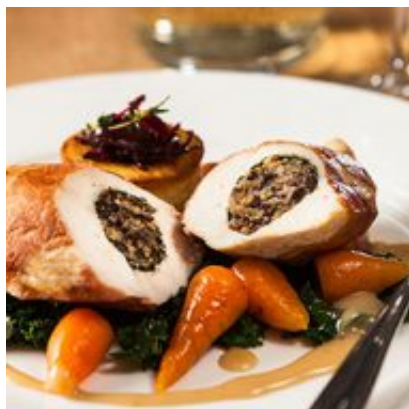


Chicken Balmoral



Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 4

Profitability:

Author: Macsween of Edinburgh

Ingredients:

4 chicken breasts, boneless & skinless

130g haggis

80g Prosciutto

Maldon sea salt

Freshly ground black pepper

30ml rapeseed oil

20g butter

200g Whisky sauce

Steps:

Pre-heat oven to 180 degrees

Lay the chicken breasts flat with the inner fillet showing and the smooth side down. Fold back the inner fillet and make an incision down the opposite side to make a pocket

Season the chicken and fill the incision with the Haggis, fold in the fillet, wrap in prosciutto and chill

Heat the oil and butter in a non stick frying pan, sear the chicken breasts for 4 minutes each side before popping in the oven for 18-20 minutes or until cooked

Heat the whisky sauce and cook your chosen vegetables

To serve, slice the chicken through the centre on an angle and arrange on the plates, with vegetables of your choice around it. Drizzle over the sauce and serve