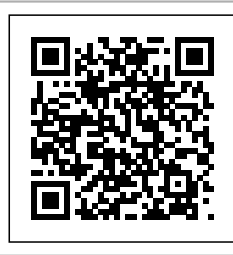


Prosciutto Chicken with Lemon Garlic Asparagus



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Recipe by: Laura Vitale

Serves 2

Prep Time: minutes
Cook Time: minutes

Ingredients

- 2 Pieces of Chicken Breast, pounded thinly
- 2 Slices of Prosciutto, roughly the same size as the chicken breast
- Fresh grated Parmigiano Reggiano
- 2 tsp of Fresh Thyme
- Salt and Pepper to taste
- 1 Tbsp of Olive Oil
- Fresh Arugula, (optional)
- Extra Virgin Olive Oil
- Fresh Lemon juice

For the Asparagus

- 1 Bunch of Asparagus, trimmed and cut on a diagonal
- 2 Cloves of Garlic
- 1 Lemon
- 1 Tsp of Olive Oil
- Salt and Pepper to taste

1) Lay the pieces of chicken breast on a plate and grate some fresh parmigiano on top, sprinkle with the fresh thyme and lay the prosciutto slices right on top and press together.

2) Preheat the 1 Tbsp of olive oil in a non stick skillet over medium high heat. When its nice and hot, add the chicken with the prosciutto side down. Cook for a few minutes on each side but dont over cook.

3) Remove the chicken onto a plate to rest for a few minutes.

4) For the asparagus, in a non-stick skillet sauté the garlic with the olive oil for about one minute. Add the asparagus and season with salt and pepper. Cook on medium heat for about 7 minutes. Turn the heat off and finish by zesting some fresh lemon zest and squeeze some fresh lemon juice over the top. Toss together and plate with the chicken.

5) Slice the chicken on a diagonal and serve on top of the asparagus. Top with a handful of fresh arugula and drizzle with a little extra virgin olive oil and squeeze a little fresh lemon juice over the top.

