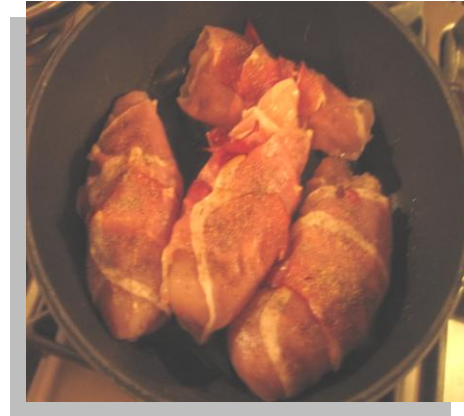


## **Chicken Stuffed with Garlic, Cumin & Gruyere and wrapped in Parma Ham – Serves 4**

### **Ingredients**

- 4 Chicken Fillets - skinned
- 2 cloves garlic - crushed
- 1 tsp Cumin seeds
- 100g Gruyere Cheese
- Parma Ham – 1 or 2 slices per chicken breast
- Seasoning



### **Method**

1. Cut into each chicken breast to make a pocket
2. Put ¼ of the garlic, Cumin and Gruyere into each chicken breast, season with cracked black pepper and then wrap the chicken breast with the Parma Ham.
3. Pan fry in olive oil to seal and then oven roast for 25 minutes.(170 deg C)
4. Rest for 5 mins and serve.