

BC HONEY MUSTARD CHICKEN WITH GOAT CHEESE, PROSCIUTTO HAM & BALSAMIC JUS



Yields:
4 servings



INGREDIENTS

½ cup	BC Honey	125 ml
½ cup	Mustard*	125 ml
1 tsp	Fine Ground Black Pepper	5 ml
4	BC Boneless Skinless Chicken Breasts	4
8-12 tbsps	BC Goat Cheese, soft**	120-180 ml
8 slices	BC Prosciutto Ham**	8 slices
2 tbsps	Extra Virgin Olive Oil	30 ml
½ cup	Balsamic Vinegar	125 ml

DIRECTIONS

1. Preheat oven to 400 F.
2. In a large bowl, whisk together BC Honey, mustard, and pepper. Set aside.
3. Using a sharp knife, make a slit in the BC Chicken Breast to create a cavity for the BC Goat Cheese.
4. Roll 2 to 3 tablespoons of goat cheese and stuff it into the chicken.
5. Place chicken in the honey mustard mixture and gently toss to coat (this step may be done up to 24 hours in advance).
6. Slightly overlap 2 pieces of the BC Prosciutto Ham on the cutting board.
7. Place 1 chicken breast skin side up on one edge of the ham and roll. Continue this step to wrap the remaining chicken breasts.
8. Heat oil in a large frying pan.
9. Place wrapped chicken breasts top side down to slightly brown.

10. Flip the chicken and place into the oven for 18 to 20 minutes or until chicken reaches an internal temperature of 74 C.
11. Carefully remove the chicken from the pan and let rest on a clean cutting board.
12. Meanwhile, carefully place the frying pan on the stove over medium-high heat.
13. Add ½ cup of balsamic vinegar to the frying pan and reduce by half to create the balsamic reduction jus.
14. Plate and serve with fresh BC Hazelnut and Basil Pesto.



CHEF'S TIP

*Use your favourite mustard – Chef Randle prefers grainy Dijon.
 **This recipe is very easily adapted for any cheese or ham.

BC HAZELNUT & BASIL PESTO



Yields:
4 servings

INGREDIENTS

¼ cup	BC Hazelnuts, whole, blanched or roasted	60 ml
½ cup	BC Basil, fresh and packed tight	125 ml
⅓ cup	BC Asiago Cheese, grated	95 ml
1 large clove	BC Garlic, grated	1 large clove
3-7 tbsp	Extra Virgin Olive Oil	60 ml-100 ml
½ tsp	Sea Salt	3 ml

DIRECTIONS

1. Combine all ingredients into a blender, food processor, or mortar and pestle, and blend until desired consistency is reached.