



Stuffed Breast of Chicken with Watercress Sauce

Serves 2

2 skinless chicken breasts

5cm piece each of leek, carrot, celery – very finely chopped

1 med mushroom – very finely chopped

A small clove of garlic – very finely chopped

12 rashers pancetta

Knob of butter

1. Melt the butter in a small pan, add the finely chopped vegetables and mushroom and gently fry until the vegetables are soft but not coloured. Add the garlic and continue cooking for 1 minute. Remove from the heat and season with salt and pepper. Allow to cool.
2. Cut a slit in each chicken breast and fill the pocket with some of the vegetable mixture, don't be tempted to overstuff! The edges of the slit should still be able to meet.
3. Take ½ the pancetta and lay the rashers out on a surface, horizontally, overlapping slightly from bottom to top.
4. Pre heat the oven to 200C/400F/Gas6.
5. Lay one of the stuffed chicken breasts vertically in the middle of the pancetta strips and starting from one side, cross alternate ends of the pancetta over the chicken, stretching it slightly and tucking it under if possible. Repeat with the remaining chicken breast.
6. Place on a baking sheet and roast for 20 - 30min. Remove from the oven & allow to rest.



Sauce

1 small onion, finely chopped

10g butter

2 tbsp white wine (optional)

100ml chicken stock

40g watercress, chopped

1 – 2 tbsp half fat crème fraiche or double cream

1. Melt the butter in a medium sized pan, add the chopped onion and cook for a minute or two until it has softened.
2. Add the wine if using and allow it to bubble and reduce slightly.
3. Add the chicken stock, any pan juices from the chicken, crème fraiche or cream and ¾ of the watercress. Bring to the boil, then simmer for 10 minutes. Remove from the heat.
4. Add the remaining watercress, blend to smooth, season with salt & pepper, thicken with a little cornflour if necessary.

Serve by cutting the chicken breasts at 45 degrees either into half or 5 slices, putting a pool of sauce on a plate and placing the chicken on top.

Hints, Tips and Adaptations

Freeze the chicken separately, microwavable, gluten free

Use spinach, herbs or mushrooms in the sauce

Change the stuffing, garlic mushrooms, sundried tomato paste, tapenade, chermoula paste, cheese, haggis, black pudding, red or green pesto all work well.