

Podere Riparbella

Agriturismo ecologico

Agricoltura biologica

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Petto di pollo Chicken breast with spring onions

Ingredients for 4 people

Preparation:

1 chicken breast cut in two, trim it, season with
Salt and pepper and spread it all over with
a little mustard as a thin coat.

8 slices of coppa Lay each half of the chicken on two slices
(smoked pork neck) and cover with two more. In

2 tbsp olive oil fry gently for 10 minutes on each side.

Then put them on a baking tray and set them aside.

To finish: Preheat the oven to 100 degrees and finish cooking them in it for 30 minutes. It does no harm if it takes longer!

1 bunch of spring onions halve or quarter the onions, trim the green stalks to about 15 cm. In

butter and sugar caramelise them in the frying pan and season
Salt and pepper with.

VERONICA'S TIP:

To serve, cut the chicken breast into slices. We take off the top slices of coppa and cut them separately. Garnish all round with the spring onions. If you cannot find coppa, replace it with fine slices of bacon.