

Roulade of chicken and asparagus with Parma Ham, baked potatoes and sage sauce



4 skinless breasts of chicken
12 pieces green asparagus, peeled
4 slices Parma ham
4 large potatoes
Bunch sage
100g unsalted butter
1 glass white wine, dry
250ml chicken stock, optional
250ml double cream
2 pieces thyme
1 clove garlic
100g breadcrumbs, brown or white
2 eggs
2 plum tomatoes
Small onion
100g plain flour
Olive oil
Sea salt to taste
White milled pepper to taste

Cook asparagus in boiling, salted water for 1 minute, plunge into ice water and dry.
Beat out chicken breast into rectangular shape (the easiest way is to put in between cling film)
Cut the asparagus in half, wrap in Parma ham and place in the centre of chicken.
Fold the chicken over the ends of the asparagus and roll into a cigar shape.
Arrange three dishes, one with seasoned flour, one with beater egg and a little water, one with breadcrumbs.
Roll the chicken in the flour with one hand (your dry hand), then using the other hand (your wet hand), dip in the eggs, then back to your dry hand for the breadcrumbs. Top and tail the potato then cut with a 1 inch high x 2.5 inch diameter pastry cutter.
Season the potato then brown in a pan on both sides.
Place in an overware dish with the butter, thyme and garlic and bake for 45 minutes at 160C.
Reduce the cream. wine and stock with the sage stalks and chopped onion until it coats a spoon.

Sieve the sauce and add strips of sage. Lightly brown the chicken all over in a hot frying pan then bake for 7-8 minutes at 170C. Peel, deseed and dice tomato.
Cut the chicken in half, rest on potato topped with tomato, surround with sauce - no need for any messing around with veg as it's in the chicken!