



Prosciutto Wrapped Chicken With Lentils

Serves 4

4 chicken thighs, skinless (480g)
8 prosciutto slices
8 tsp. red pesto
2x 14 oz. (400g) can lentils, drained
5 oz. (145g) sun-dried tomatoes, drained
2 tbsp. apple cider vinegar
2 tbsp. oil from sun-dried tomatoes
salt & pepper

What you need to do

1. Heat the oven to 360°F (180°C).
2. Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.
3. In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoon of oil from the sun-dried tomatoes.
4. Divide the lentils between 4 plates and, top with the chicken. Serve immediately.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	462	14	41	46

*Nutrition per serving

