

Chicken with Prosciutto, Sage and Apple



Ingredients

- 4 skinless chicken breasts
- Salt and freshly ground black pepper
- 8 slices prosciutto
- 75g butter, melted
- 1/3 bunch fresh sage, half finely shredded, reserve half as whole leaves
- 4 shallots, peeled and halved lengthways
- 2 cloves garlic, crushed
- 3 large apples
- 1 sprig fresh thyme
- 1/2 cup apple cider
- 1/2 cup white wine

Directions

- Step 1 – Season each chicken fillet on both sides with salt and pepper, then wrap each fillet with 2 slices of prosciutto. Cut each apple into 8 wedges, removing the cores. Set aside.
- Step 2 – Heat the BBQ to medium (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.
- Step 3 – Preheat a BBQ safe fry pan or skillet over direct heat and once heated, add the butter. As it begins to bubble, add the whole sage leaves and cook until the leaves are crisp. Remove from the skillet with a slotted spoon and set aside on paper towel.
- Step 4 – Add the shallots, garlic, apple pieces, shredded sage and thyme leaves to the skillet. Stir to coat in the butter and cook for around 5 minutes. Pour in the cider and wine and bring to a simmer.
- Step 5 – Place the chicken pieces into the skillet, coating well with the butter mixture.
- Step 6 – Close the BBQ lid and cook the chicken for 20 minutes or until cooked through. Serve immediately, garnished with the whole sage leaves.

