



APPETITE & THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Chicken breast stuffed with oysters and tarragon sauce

Ingredients

- 4 x 200g chicken breast fillets, trimmed
- 16 slices prosciutto
- 800g gold sweet potato, cooked and mashed
- 2 bunches steamed broccolini, to serve
- 1 bottle of 20 oysters

Tarragon sauce

- 20g butter
- 1 medium brown onion, finely diced
- 300ml cream
- 2 tbsp finely chopped fresh tarragon
- 1/2 cup dry white wine

Method – tarragon sauce

• Melt butter in small saucepan, sauté onion until lightly browned. Add white wine, bring to boil. Reduce heat and simmer until liquid reduces by half. Add cream, simmer for 10 minutes, stir in tarragon until

sauce thickens slightly.

Method – chicken

1. Cut a deep, long pocket through the thickest side of each chicken fillet, without cutting all the way through.
2. Arrange five oysters in the pocket of each breast.
3. Wrap each fillet with four slices of prosciutto, tucking the ends underneath the chicken to hold in place.
4. Heat a non-stick frypan on high, place chicken in pan and cook on either side until prosciutto is browned.
5. Transfer chicken to an oven tray. Cook in a moderate oven (180C) for 30 minutes or until chicken is cooked through.
6. Remove chicken from oven, cover with foil and rest for five minutes.

Serve on a bed of sweet potato mash and steamed broccolini and drizzle with tarragon sauce.