

heute gibt es...

Hähnchensaltimbocca with lemon potatoes



Ingredients: (For 4 people)

For the saltimbocca:

- 2 large or 4 small chicken breasts (approx 600g)
- 16 slices Parma
- 16 sage leaves
- 3 EL Butter (ca. 50 g)
- Salt and pepper

For the lemon potatoes:

- 700g small, waxy potatoes
- 1 EL Butter
- 5 garlic cloves
- 2.1 Bio-Zitrone
- Salt and pepper

Preparation:

1. Cook the potatoes unpeeled in salted water until tender, then drain and let cool slightly.
2. Meanwhile, the chicken breast fillet cut in 16 approximately 2 cm thick slices.
3. On each slice place a sage leaf and wrap with a slice of prosciutto, so that the sheet slightly out looking.
4. The saltimbocca then season with salt and pepper. With the salt bypass sparingly because of the ham.
5. Heat the butter over medium heat in a nonstick frying pan and fry the meat parcels in it.
6. keep the roasted meat in a warming drawer or in a preheated oven at about 80 ° C warm. For this, the meat put on a plate or the like, since the pan with the Fleischsud is then needed.
7. Peel the potatoes, cut into corners and fry with the butter in the pan you used previously.
8. The peeled, halved garlic cloves and sliced lemon add and mix everything well.
9. Season the potatoes with salt and pepper.
10. Before serving the Hähnchensaltimbocca to the potatoes to the pan and toss everything well again.

