

# Oven-Fried Chicken Breast Bundles with Ham, Boursin and Chives

Phillis Carey, 2012



- 4 pieces boneless skinless chicken breast halves
  - Freshly ground black pepper to taste
  - 3 ounces ham slice (deli ham)
  - 4 teaspoons fresh chives, minced
  - 1 pinch red pepper flakes
  - 4 ounces Boursin cheese, garlic and herb, preferably
  - 2 whole eggs, beaten with 1 T. water
  - 1 cup dry bread crumbs, plain
  - 1/4 cup Parmigiano-Reggiano cheese, grated
  - 1 tablespoon Italian parsley, minced
  - 1/4 cup grapeseed oil, or olive oil
- Serving Ideas: If serving a complete dinner, serve along side some buttered orzo.*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 4

*The calorie count is incorrect because you don't eat all the oil used in the baking sheet - most of the oil will still be in the pan when you remove them. I made this into rolls, but folding in half is easier. Just make sure the edges are sealed (chicken to chicken) with no filling peeking out. The cheeses will ooze out during baking if they have a clear path.*

1. Preheat oven (convection bake if possible) to 425°.
2. Trim chicken and gently pound between two layers of plastic wrap (shiny side chicken breast down) to an even 1/4 inch thickness. Remove chicken tender if there is one and use for another purpose. Be careful not to tear the chicken breasts as you pound. Season chicken with pepper and lay a slice of ham on top, tucking and folding the ham so it fits inside the edges of the chicken. Sprinkle on chives and red pepper flakes.
3. Divide Boursin cheese evenly between chicken breasts, putting it on one side (because you're going to fold this over or roll it). Fold chicken in half over the filling to enclose it. Pinch the raw chicken edges together gently (to sort of seal them - you may use a bit of beaten egg along the edges if you'd like). Cover and refrigerate if needed.
4. Place egg mixture in a shallow bowl or plate. In another bowl or plate toss the bread crumbs, cheese and parsley. Coat chicken pieces in egg, then in breadcrumbs, sprinkling more on each one to coat as evenly as possible.
5. Pour the oil into a rimmed baking sheet and heat for about 4 minutes, or until the oil is very hot, but NOT smoking. Remove pan from oven and gently (wearing an apron) place chicken pieces in the fat (it will spit at you a little bit - it needs to be this hot or the chicken won't brown properly). Bake for 7-8 minutes. Remove and carefully (oil will spit at you again) turn the chicken over and bake for 5-7 more minutes or until chicken is cooked through. If you use convection bake, it will take the lesser number of minutes for both baking times. Serve immediately.

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Per Serving (excluding unknown items): 579 Calories; 36g Fat (56.8% calories from fat); 41g Protein; 21g Carbohydrate; 1g Dietary Fiber; 222mg Cholesterol; 919mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 6 Fat; 0 Other Carbohydrates.