

# Sous Vide Prosciutto Wrapped Chicken Breast

Cuisine: English  
Food category: Poultry





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Program steps

1

Combination

50 %

Termination by time

00:30 hh:mm

63 °C

60 %

2

Remove the Sous Vide Chicken and follow next step

Hot air

100 %

Termination by time

00:05 hh:mm

230 °C

100 %

| Ingredients - number of portions - 8 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| chicken breast                       | 8     | pcs  |
| Prosciutto                           | 250   | g    |
| Red Pesto - Jar                      | 2     | pcs  |
| olive oil                            | 10    | ml   |
| salt & pepper                        | 5     | g    |

| Nutrition and allergens                                             |          |
|---------------------------------------------------------------------|----------|
| Allergens:<br>Minerals: Ca, Fe, K, Mg<br>Vitamins: A, B, C, D, E, K |          |
| Nutritional value of one portion                                    | Value    |
| Energy                                                              | 140.6 kJ |
| Carbohydrate                                                        | 0.3 g    |
| Fat                                                                 | 0.8 g    |
| Protein                                                             | 6.3 g    |
| Water                                                               | 0 g      |

## Directions

Flatten out the chicken breast and lay onto the prosciutto lined cling film and season.

Spread the red pesto over the chicken breast and gently roll the chicken breast with the cling film.

Tighten the ends of the cling film and ensure the chicken breast is in a "tube" shape.

Double or triple the cling film over the chicken ensuring a cross over of the ends of the cling film.

Place into the Retigo oven on stage one above.

Once cooked, remove the cling film and set the Retigo oven to the second step above, ensuring the Vision Express Grill is inserted at this time.

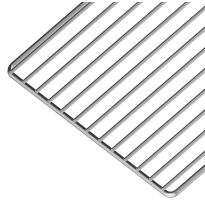
Rub some olive oil over the chicken and place in to the oven for 5 mins.

Remove from the oven and slice around 5-6 mm each time, and arrange on the plate.

## Recommended accessories



Vision Express Grill



Stainless wire shelving