

## STEAM-BAKED CHICKEN ROLL WITH PARMA HAM AND CHEESE

### METHOD

- 01 Butterfly the chicken breast without cutting through. Flatten the chicken breast with a meat pounder.
- 02 Season with salt and pepper.
- 03 Put the sage, then place the parma ham and mozzarella cheese stick on top.
- 04 Wrap all the ingredients together by rolling the chicken breast.
- 05 Preheat Miele Steam Combination Oven to 180°C with “Combination Mode + Conventional Heat” function and moisture level set at 80%.
- 06 Brush olive oil on the surface of the chicken breast, then steam-bake with the preheated oven for 15 minutes.
- 07 Ready to serve.

### INGREDIENTS

Chicken Breast .....	200 g
Parma Ham .....	1 slice
Mozzarella Cheese Stick .....	1 pc
Sage .....	2 pcs
Salt .....	Moderate
Pepper .....	Moderate
Olive Oil .....	Moderate

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Tips

- It is easier and tighter to roll up ingredients with a flattened chicken breast.
- Sage could be replaced by other herbs, e.g. thyme.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the chicken breast in a moisturized cavity, resulting in a juicy

30 mins

2 persons



## 蒸焗芝心巴馬火腿雞卷

### 做法

- 01 先將雞胸開半，無需切斷，用肉槌拍平。
- 02 以鹽及胡椒調味。
- 03 先放上鼠尾草，再放巴馬火腿及莫扎雷拉芝士條。
- 04 捲起雞胸將材料包好。
- 05 以「組合模式 + 一般加熱」模式預熱Miele蒸焗爐至攝氏180度，濕度設為80%。
- 06 在雞胸表面掃上橄欖油，放入已預熱的蒸焗爐焗15分鐘。
- 07 完成即可享用。

### 材料

雞胸肉	200克
巴馬火腿	1片
莫扎雷拉芝士條	1條
鼠尾草	2塊
鹽	適量
胡椒	適量
橄欖油	適量

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貼士

- 用肉槌拍平雞胸，有助方便包裹食材。
- 可用其他香草代替鼠尾草，例如百里香。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入雞胸中心，效果鮮嫩多汁。

 30 分鐘

 2 人份