

Allegro



9%
MILK FAT +
ANTIOXYDANTS

CHICKEN SALTIMBOCCA, WITH CREAM CHEESE FLAVOURED WITH LEMON, HERBS, AND SUN-DRIED TOMATOES



- + 1 container of cream cheese (150 g)
- + Juice of 1 lemon
- + 30 ml (2 tbsp) of fresh herbs, chopped
- + 15 ml (1 tbsp) of sun-dried tomatoes, chopped
- + Salt and pepper
- + Vegetable oil
- + 12 small cutlets, thinly sliced and each about 3 inches long

In a bowl, mix the cream cheese with the lemon juice, the herbs, and the sun-dried tomatoes. Season lightly. In a lightly oiled skillet, cook the cutlets over medium heat, 1 minute per side. Set aside on a paper towel. Spread the cheese mixture over each cutlet and place onto a baking tray. Preheat the broiler, place the tray on the second rack, and broil for 2 to 3 minutes. Serve immediately.

Serving suggestion: Serve with a salad dressed with balsamic vinegar, or pasta with olive oil: a true delight!

Nutri-note: A Mediterranean-inspired recipe whose antioxidant content is increased with cream cheese containing green tea extract. Fresh herbs help you to cut back on the amount of salt you use, in addition to adding further antioxidants to the recipe. These active molecules have been linked to the prevention of cancer and heart disease.

Preparation time: 12 minutes

Cooking time: 4 to 5 minutes

Number of portions: 4