



CHICKEN SALTIMBOCCA WITH PUMPKIN SQUASH MASH

FOR THE PUMPKIN MASH

800g pumpkin or butternut squash
200ml orange juice
2 tbsp butter
Salt
Pepper
Nutmeg, grated (optional)

FOR THE CHICKEN SALTIMBOCCA

4 chicken breasts, about 80g each
4 slices Parma ham
8 sage leaves (2 leaves per breast)
1 tbsp butter
Salt
Freshly ground pepper
200ml Marsala wine (optional)
Chopped parsley

METHOD

PUMPKIN MASH

1. Dice the pumpkin pulp and steam for about 15 minutes.
2. Heat the orange juice together with the butter in a pan, add the pumpkin pulp and, with a potato masher, mix everything well.
3. Season with salt, pepper and nutmeg.

CHICKEN SALTIMBOCCA

1. Flatten the chicken breasts with a food hammer.
2. Place a slice of Parma ham and 2 sage leaves on top of each chicken breast and secure with a cocktail stick.

3. Melt the butter in a large pan and brown the meat for 1-2 minutes on each side.
4. Season with salt and pepper and set aside on a serving plate.
5. Using the same pan, add the Marsala and bring to boil.
6. Season with salt and pepper and put the meat back into the pan.
7. Spread the mash on the plates. Add 1 saltimbocca per plate and a little sauce, garnish with parsley and serve.



20m



SERVES 4



Prepared by
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