

## INGREDIENTS

4 chicken thighs, skinless  
(480g)  
8 prosciutto slices  
8 tsp. red pesto  
2x 14 oz. (400g) can lentils,  
drained  
5 oz. (145g) sun-dried  
tomatoes, drained  
2 tbsp. apple cider vinegar  
2 tbsp. oil from sun-dried  
tomatoes  
salt & pepper



# Prosciutto Wrapped Chicken With Lentils



Serves 4



45 minutes

## DIRECTIONS

1. Heat the oven to 360°F (180°C).
2. Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.
3. In the meantime, place the lentils and tomatoes in a pot and gently warm through; adding in the apple cider vinegar and 2 tablespoon of oil from the sun-dried tomatoes.
4. Divide the lentils between 4 plates and top with the chicken. Serve immediately.