

If we owned a trumpet we?d be making a dreadful racket at the moment. We?re calling this a total Air Fryer success!!!!

Ingredients:-

2 Chicken Breasts
Parma Ham to cover the Chicken
1 Tbsp of Olive Oil
1 Onion, finely chopped
2 Clove of Garlic, minced
2 Tbsp of Tomato Puree
500g of Passata
100ml of Chicken Stock
¼ Tsp of Sugar
125g of Mozzerella Ball, torn into pieces
40g of Grated Italian Style Cheese
1 Tsp of Mixed Herbs
Salt & Pepper to season

Method:-

(1) Season the Chicken with Salt and Pepper and wrap in Parma Ham length ways.
(2) Place the Breasts on a rack over Parchment paper and cook at 180c for 20 minutes in the Air Fryer.
(3) In a frying pan with a little Oil fry the Onions until softened.
(4) Add the Garlic and Tomato Puree & cook for a further minute or so.

(5) Pour in the Passata and Stock, season with Salt & Pepper.
(6) Add the Sugar and bring to the boil.
(7) Reduce the heat and allow to simmer for 4 to 5 minutes.
(8) Pour half of the sauce into a roasting tin and place the Chicken on top.
(9) Cover with the remaining sauce.
(10) Arrange the Mozzerella on top and sprinkle over the Italian Style Grated Cheese & Mixed Herbs.
(11) Allow to rest for 5 minutes and then return to the Air Fryer for a further 8 minutes or until the sauce is bubbling and the Cheese has melted.

We have quite a bit of sauce in a tub in the fridge which we?ll use up today. The quantity of sauce would suit 4 Chicken Breasts. But, well you know there?s only the two of us?..