

Chicken Saltimbocca with Buttery Potatoes & Asparagus



30 minutes | 2 servings

Find cookware

[aluminum foil](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[large pot](#)
[measuring cups](#)
[measuring spoons](#)
[nonstick skillet](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

1 small bunch	asparagus
¾ lb	chicken breasts, boneless skinless
6 fl oz	chicken or vegetable broth
½ small pkg	fresh sage
½ small bunch	Italian (flat-leaf) parsley
1	lemon
4 slices	prosciutto
1	shallot
3 medium	yellow potatoes
	all-purpose flour
	black pepper
	butter, unsalted
	extra virgin olive oil
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.
3 medium yellow potatoes
1 small bunch asparagus
½ small pkg fresh sage
½ small bunch Italian (flat-leaf) parsley
1 lemon
- 2 Small dice potatoes; transfer to a large pot, cover with water and bring to a boil. Reduce heat to medium and cook until potatoes can be easily pierced with a fork, 10-12 minutes.
- 3 Set aside one sage leaf per serving as garnish; mince the remaining leaves.
- 4 Holding a knife parallel to the cutting board, cut the chicken in half horizontally to form thin fillets. Season both sides with salt and pepper. Sprinkle one side of each fillet with the minced sage, pressing to adhere.
¾ lb chicken breasts, boneless skinless
⅛ tsp salt
⅛ tsp black pepper
- 5 Preheat a large skillet over medium heat.
- 6 Wrap the prosciutto around the chicken fillets, pressing to adhere.
4 slices prosciutto
- 7 Once the skillet is hot, add oil and swirl to coat the bottom. Add chicken fillets to the skillet and cook for 3-5 minutes per side, until chicken is cooked through. Transfer chicken to a plate and cover with foil.
1 tbsp extra virgin olive oil
- 8 Peel and mince the shallot.
1 shallot

- 9 Return the skillet to medium heat. Add the shallot to the skillet and cook, stirring occasionally, until softened, about 2 minutes. Whisk in the flour and cook for 1 additional minute.
1 ½ tsp all-purpose flour
- 10 Whisk in the broth, scraping up the brown bits from the bottom of the skillet. Bring to a simmer, then cook, stirring often, for 2-3 minutes until the sauce is thickened.
6 fl oz (¾ cup) chicken or vegetable broth
- 11 Shave parsley leaves off the stems; discard the stems and mince the leaves; add to the skillet and stir to combine, reserving some for garnish.
- 12 Juice the lemon into the skillet and whisk to combine. Return the chicken to the skillet and simmer for 2 minutes.
- 13 Snap or cut off the woody ends of the asparagus. Add asparagus to the pot with the potatoes during the last 3 minutes of cooking.
- 14 When the asparagus is done, remove with tongs and set aside on a plate. Drain the potatoes and add back to the pot along with the butter and salt; stir to combine.
1 tbsp butter, unsalted
¼ tsp salt
- 15 To serve, divide the potatoes, asparagus, and chicken between plates. Spoon the sauce over the top of the chicken and veggies. Garnish with fresh sage leaves and minced parsley. Enjoy!