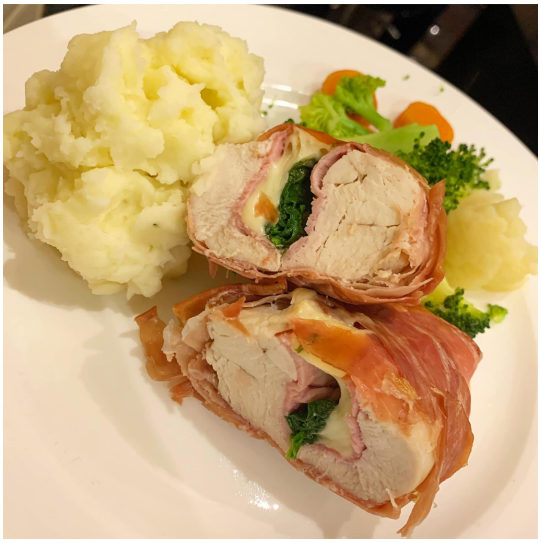
FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Cordon Bleu



Serves	Prep Time	Cooking	Total Time	Calories
2 people				**334 kcal**

Stuff that's in it:

• 1 Slice Brunswick Smoked Ham

• 30G Eat Lean Protein Cheese (Sliced Into A Domino Shape)

• 140G Chicken Breast

• 3 Slices Fresh Prosciutto

• Handful Of Spinach Leaves

What you do:

Pre heat your oven to 190˚c.

Slice your chicken breast down the centre lengthways, so it opens up like a book, careful not to slice all the way through.

Fold the Han in Half and push into the fold, add the cheese and spinach then press the chicken together, wrap each piece of prosciutto around the outside, sealing all the way round, place in foil and loosely seal.

Nutrition

• Carbs: 0.6g

• Fat: 9g

• Protein: 58g

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