

# Hot Chicken Melts

Makes 8

*ingredients* 8 round ciabatta rolls, split and toasted  
8 x 75g/3oz boneless chicken breast fillets  
1 tbsp French mustard  
100g/4oz mozzarella cheese, drained  
16 slices pancetta  
Lemon mayonnaise and salad leaves to serve

## *process*

1. Preheat the oven to 190C/ fan175C/ gas5. Make a lengthways slit in each chicken breast and spread a little mustard in each. Slice the mozzarella cheese thinly and place a slice in each chicken fillet.
2. Wrap each chicken breast in two slices of pancetta and then wrap in oiled foil to make a parcel. Place on a baking sheet and cook for 10 minutes, open the foil and bake for a further 10 minutes or until the chicken is cooked and golden.
3. Serve in warmed split ciabatta bread with salad leaves and a mayonnaise drizzle.



## *get ahead*

Prepare the chicken breasts and keep wrapped ready to bake for 2 days, chilled or freeze individually, wrapped in cling film. Defrost thoroughly, bake as above.

# Lean Burgers

Serves 6

## *ingredients*

*2 tbsp sunflower oil  
6 round ciabatta rolls, halved and toasted  
6 sweet dill gherkins, sliced  
Salad leaves and sliced tomatoes to garnish*

*For the burgers:  
800g/1 3/4 lb lean minced beef  
1/2 onion, finely chopped  
1 tbsp parsley finely chopped  
1/2 tsp French mustard  
1/2 tbsp Worcestershire sauce  
1 egg yolk*



## *process*

1 Place all the burger ingredients in a large bowl, season and mix well. Shape the mixture into 6 flat rounds cover with cling film and chill for 1 hour.

2 Brush each burger with a little oil and cook on a preheated grill for 3-4 minutes each side until browned. Serve in the split rolls with gherkins, salad leaves and tomatoes.

## *get ahead*

Make the burgers and chill for up to 2 days, covered. Freeze individually, wrapped in freezer film. Keeps 3 months. Defrost for 1 hour before using.

## *variation*

Instead of beef burgers cut 350g/12oz square pork slicing sausage into 6 thick slices and grill. Serve with mustard, sliced dill pickles and a salad garnish.