Prosciutto and mozzarella chicken rolls

Prosciutto Mozzarella Chicken Rolls

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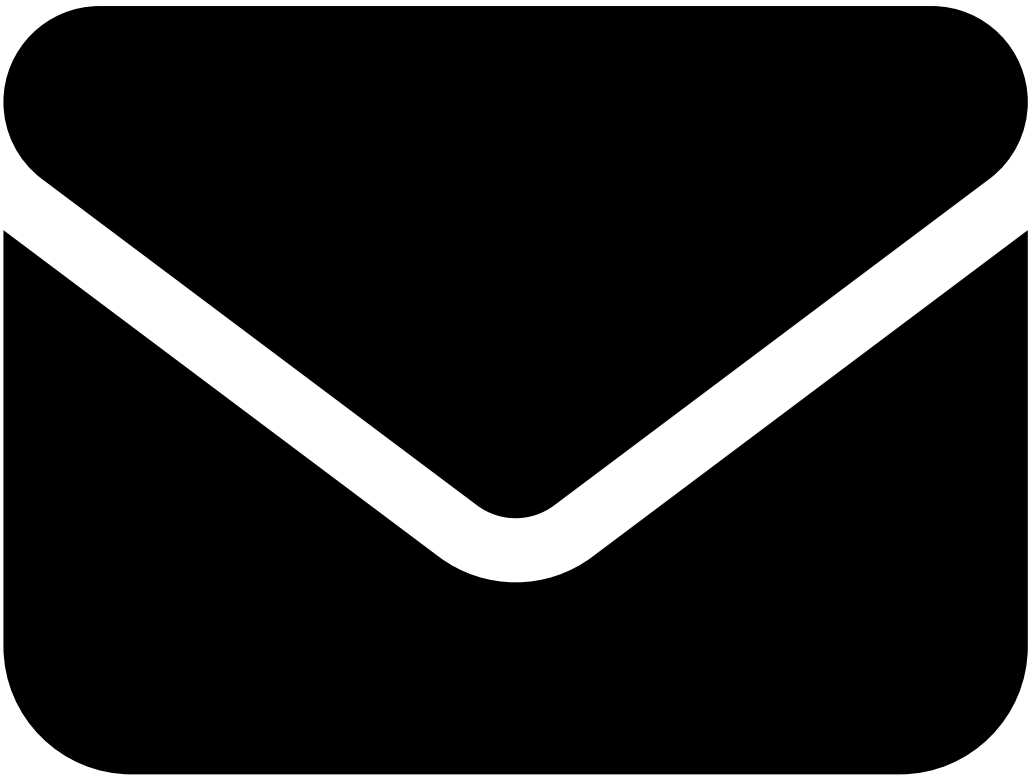




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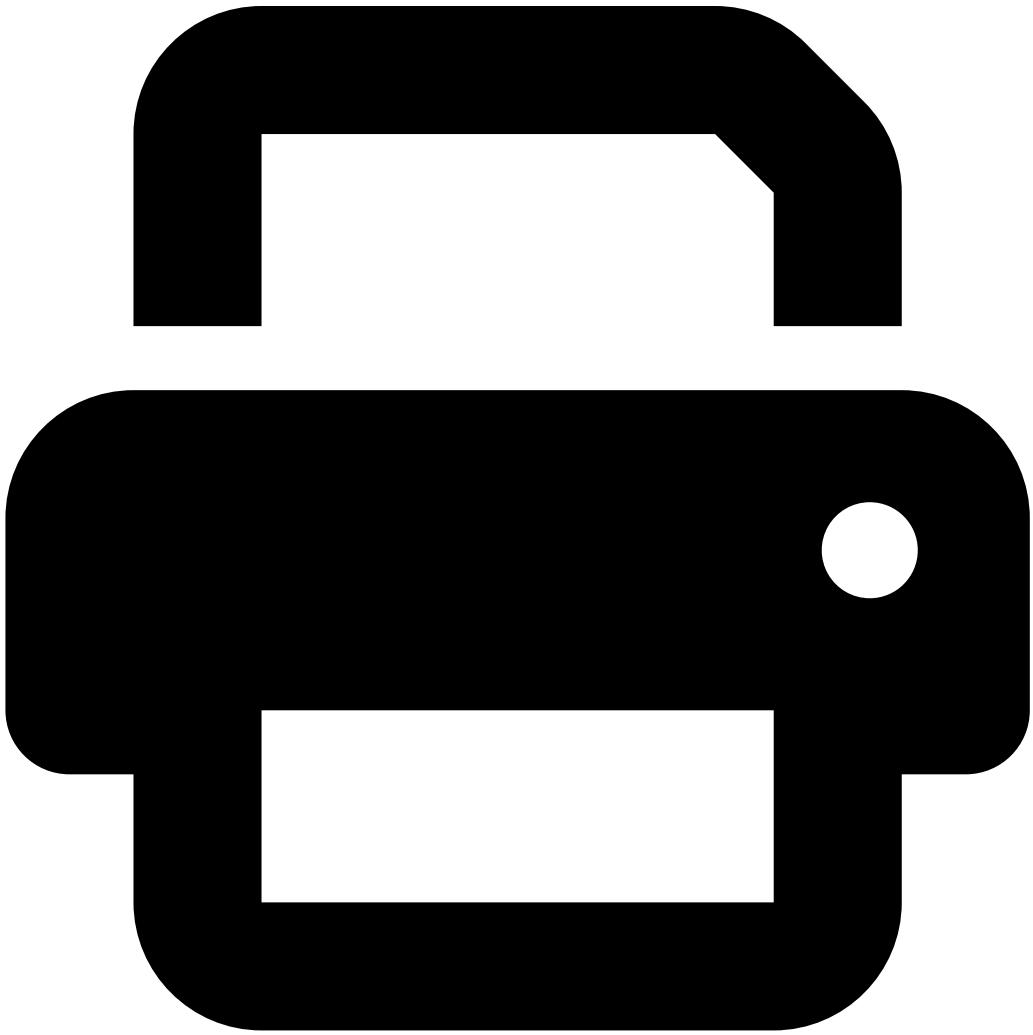

These prosciutto mozzarella chicken rolls are so easy and quick to make. With just a few minutes of prep time and less than 30 minutes of cook time you can have a restaurant quality dinner.

It starts with thinly pounded chicken breast filled with prosciutto and cheese then covered in my easy marinara sauce, though you can use your favorite store- bought if you prefer, then topped with freshy grated mozzarella and baked. whether served with a side of pasta , roasted vegetables, or a crisp green salad, these chicken rolls make an elegant yet easy meal that’s perfect for weeknights or special occasions.

How to make this prosciutto mozzarella chicken roll recipe easy

These prosciutto and mozzarella chicken rolls are perfect for meal prep, making them a great option for busy weeknights or

entertaining guest. You can assemble them in advance by pounding the chicken, layering the prosciutto and mozzarella, rolling them up , and securing them with tooth picks or kitchen twine . Once assembled, they can be stored in an covered container in the refrigerator for up to 24 hours before cooking.

If your planning further ahead, these chicken rolls can also be frozen before baking. Simple wrap each roll tightly in plastic wrap and place them in a freezer-safe bag. When you’re ready to cook , thaw them overnight in the refrigerator and proceed with baking. This method is especially convenient for meal planning, as you can prepare a batch in advance and have a delicious, homemade meal with minimal effort. Whether fresh or frozen these prosciutto mozzarella chicken rolls deliver a restaurant- quality meal with hardly any last-minute work,

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These Prosciutto Mozzarella Chicken Rolls are tender chicken breasts filled with salty prosciutto and melty mozzarella, then rolled and baked until golden and delicious. An easy Italian-inspired dinner that looks impressive but is simple enough for a weeknight meal.

- 4 boneless skinless chicken breast
- 4 cups my easy marinara sauce

- 4 slices prosciutto
- 2 cups freshly grated mozzarella
- 1/2 cup grated parmesan
- 1/2 cup chopped Italian parsley

1. Heat your oven to 375-degrees

2. Start by washing the chicken and pat dry. Then pound the chicken breast until thin salt and pepper to taste
3. Lay one slice of prosciutto on each breast, divide half the mozzarella among the four breast, top with Italian parsley
4. Roll the chicken breast jelly roll style. Secure with toothpicks
5. line an oven proof casserole dish with half of the marinara sauce. Lay the rolled chicken breast on top. Then top the chicken with the remaining marinara sauce and the shredded mozzarella, half of the grated parmesan and bake for 25-30 minutes. Top with the remaining parmesan and additional Italian parsley.

Secure each chicken roll with toothpicks before baking to keep the filling tucked inside. Let the chicken rest for 5 minutes before slicing so the mozzarella stays inside rather than running out onto the plate.

Main Course
Italian
chicken rolls with prosciutto and mozzarella