



## Chicken breasts with parmesan cheese and cream sauce

4 free-range chicken breasts

4 tbsp flour

Lemon pepper or freshly ground black pepper

180g finely grated parmesan cheese

300ml thick cream

Preheat the oven to 180C. Place the chicken breasts between waxed paper and flatten them to an even thickness using a rolling pin or, if they are very large, cut them in half. Place the flour, lemon pepper and the chicken fillets into a small plastic bag and shake so the fillets are evenly covered.

Sprinkle half the grated parmesan into a shallow ovenproof dish, place the chicken fillets on top then the remainder of the cheese. Pour the cream over the top, using a knife to distribute evenly.

Bake, uncovered, for 12-20 minutes. The top will brown very lightly but I like to turn on the grilling element towards the end of the cooking time. Be careful not to overcook – you may like to make a small incision in a fillet to check that it is cooked, rather than guess. Stand for five minutes.

Serve with pasta or new potatoes and a tossed green salad. If you would like more sauce, add a little more cheese and cream.

**Serves 4**

From *The Complete Beverley Sutherland Smith Cookbook*, by Beverley Sutherland Smith.