

# Parsleyed Chicken & Ham Pâté



**Serves 4**

**Prep 40 mins**

**No cook**

**Easy**

## Ingredients

225g skinless, boneless chicken, cooked  
100g lean ham, trimmed  
small bunch fresh parsley  
1 tsp grated lime rind  
2 tbsp lime juice  
125ml low-fat natural fromage frais  
salt & pepper  
strips of lime rind, to garnish

## To serve

wedges of lime  
toast or crispbread  
green salad

1. Dice the chicken and ham and place in a blender or food processor. Add the parsley, lime rind and juice and process well until finely minced. Alternatively chop the chicken, ham and parsley and place in a bowl. Mix gently with the lime rind and juice.
2. Transfer the mixture to a bowl and mix in the fromage frais. Season with salt & pepper to taste, cover and leave to chill in the fridge for about 30 minutes.
3. Pile the pâté into individual serving dishes and garnish with strips of lime rind. Serve with lime wedges, crispbread and a fresh green salad.