



PARMESAN PHEASANT BREASTS

Serves 4

- 4 pheasant breasts
- Black pepper
- 4-6 fresh sage leaves, finely chopped
- (3 1/2 oz) grated parmesan
- Good olive oil

Carefully score the underside of each pheasant breast in a criss-cross fashion with a small, sharp knife. Lay the breasts side by side on a large chopping board (or do this in two lots of two). Season each with pepper.

Combine the chopped sage and parmesan and sprinkle evenly over the pheasant. Then drizzle with good olive oil. Now, cover the breasts and board with a layer of cling film, take a frying pan and whack them until they're about 1/2 inch thick.

Heat a non-stick frying pan on a medium heat, then carefully transfer the breasts to it, cook skin side down. Drizzle a little more olive oil over the top. Cook for 2-3 minutes on each side.