



# UCOOK

## Très Chic Chicken Roulade

**with a mushroom filling & pumpkin seeds**

Get your chef apron on, this hands-on dish is going to be totally worth the work! Juicy chicken is rolled to encase a rich mushroom filling, with melty cheese in every bite! Perfect roast potato wedges side this incredibly tasty dish, while a simple green salad ties everything together.

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**Hands-On Time:** 35 minutes

**Overall Time:** 45 minutes


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**Serves:** 1 Person


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**Chef:** Jeannette Joynt

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 Adventurous Foodie

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 Niel Joubert | Grüner Veltliner

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; cut into wedges</i>
1	Garlic Clove <i>peeled &amp; grated</i>
4g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
125g	Button Mushrooms <i>roughly chopped</i>
1	Free-range Chicken Fillet
25ml	Grated Italian-style Hard Cheese
5ml	Cornflour
1	Onion <i>¼ peeled &amp; cut into thin wedges</i>
5ml	Beef Stock
50ml	Red Wine
20g	Green Leaves <i>rinsed</i>
10g	Pumpkin Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Paper Towel  
Toothpicks

**1. WEDGES** Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway.

**2. FILLING** Place a pan over a medium-high heat with a drizzle of oil. When hot, add the grated garlic and the chopped thyme and fry for 1 minute until fragrant, shifting constantly. Add the chopped mushrooms and fry for 4-5 minutes until starting to brown and any excess liquid has evaporated. Season to taste.

**3. ROLL** Boil the kettle. Pat the chicken breast dry with paper towel and place on a chopping board. Slice into one side of the breast, starting at the thicker end and ending at the thin point (be careful not to cut all the way through.) Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Remove the cling wrap. Press the cooked mushroom mixture onto the butterflied chicken breast in an even layer, making sure to leave a thin border around the mixture. Sprinkle over the grated cheese. Starting with the shorter side, roll up the chicken breast like a swiss roll! Secure the roll together with toothpicks. Place on a greased baking tray and bake in the hot oven for 20-25 minutes until cooked through.

**4. ROULADE** When the roulade is finished baking, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the cooked roulade for 1-2 minutes, shifting as it browns. On completion, remove from the pan and leave to rest for 5 minutes. Remove the toothpicks, and cut into thick slices.

**5. SAUCE** Place the cornflour in a small bowl and mix in 1 tbsp of boiling water to get a runny paste – this is a slurry! Return the pan to a medium-high heat with a drizzle of oil. When hot, add the onion wedges and fry for 3-4 minute until softened, shifting occasionally. Whisk in 85ml of boiling water, the stock, the red wine, and the slurry. Lower the heat slightly and simmer for 6-7 minutes until thickened, stirring occasionally. In a salad bowl, combine the green leaves with the pumpkin seeds, seasoning, and a drizzle of oil.

**6. YUM!** Plate up the chicken roulade slices and pour over the red wine sauce. Side with the potato wedges and the salad. Well done, Chef!



## Chef's Tip

We've added in Step 4 to add a bit of colour to the roulade after baking!

## Nutritional Information

Per 100g

Energy	388kj
Energy	93Kcal
Protein	8.2g
Carbs	8g
of which sugars	1.3g
Fibre	1.7g
Fat	2.1g
of which saturated	0.7g
Sodium	49mg

## Allergens

Egg, Dairy, Allium, Sulphites, Alcohol

Cook  
within 3  
Days