



UCOOK

Italian Crumbed Chicken Roulade

with mashed potato, roasted baby carrots & goat's cheese

Give plain chicken breasts an upgrade by stuffing them with yummy cheese & basil, all rolled into a tight cylinder and coated with crispy panko crumbs. This fancy chicken roulade is juicy & packed with so much flavour. Get ready to meet your new favourite dinner party star!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Morgan Offen

 Adventurous Foodie

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

2	Garlic Heads <i>top of bulbs cut off</i>
360g	Baby Carrots <i>rinsed & trimmed</i>
30g	Almonds
600g	Potato <i>peeled & cut into bite-sized pieces</i>
3	Free-range Chicken Breasts <i>patted dry with paper towel</i>
120g	Grated Cheddar Cheese
90ml	Grated Italian-style Hard Cheese
8g	Fresh Basil <i>rinsed, picked & finely sliced</i>
90ml	Self-raising Flour
125ml	Panko Breadcrumbs
60g	Salad Leaves <i>rinsed</i>
75g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Cling Wrap
Paper Towel
Butter (optional)
Milk (optional)
Tinfoil

1. ROAST GARLIC Preheat the oven to 200°C. Coat the garlic head in oil and cover in tinfoil. Pop in the hot oven until soft, 30-35 minutes.

2. 24 CARROT GOLD Spread the trimmed baby carrots on a roasting tray. Coat in oil and season. Roast in the hot oven, 20-25 minutes (shifting halfway). In the final 5 minutes, sprinkle over the almonds.

3. SPUDTACULAR Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain, return to the pot, and cover.

4. FLATTEN & FILL Slice into one side of each chicken breast, from the thicker end to the thinner point (don't cut all the way through). Open up each chicken breast, cover with cling wrap, and pummel with a rolling pin or bottle to create even thickness. Remove the cling wrap. Top the flattened chicken breasts with the grated cheddar cheese, ½ the grated hard cheese, and ½ the sliced basil. Roll up each chicken breast like a swiss roll. Roll the stuffed chicken breasts in cling wrap to hold their shape.

5. THE BEST IS YET TO CRUMB Whisk 2 eggs in a shallow dish with a splash of water. Prepare two more shallow dishes: one containing lightly seasoned flour and the other containing the breadcrumbs, the remaining hard cheese, and seasoning. Remove the stuffed breasts from the cling wrap. Coat each breast in flour, then in the egg, and, lastly, in the crumb.

6. FRY YAY! Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden, 2-4 minutes per side. Remove from the pan and place on a roasting tray. Pop in the hot oven until cooked through, 8-10 minutes.

7. FINAL TOUCHES Squeeze out the flesh of the roasted garlic (to taste) into the cooked potato. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover. Mix through the remaining basil. In a salad bowl, toss together the rinsed leaves, a drizzle of olive oil, and seasoning.

8. TA-DA! Plate up the stuffed chicken. Side with the garlic mash and the nutty roasted carrots. Serve with the dressed leaves and crumble over the goat's cheese. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	583kJ
Energy	139kcal
Protein	11g
Carbs	12g
of which sugars	1.8g
Fibre	1.7g
Fat	5.4g
of which saturated	2.4g
Sodium	87mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days