



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.


Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Jeannette Joynt

 Adventurous Foodie

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

| | |
|-------|---|
| 400g | Potato <i>rinsed & cut into wedges</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 8g | Fresh Thyme <i>rinsed, picked & finely chopped</i> |
| 250g | Button Mushrooms <i>roughly chopped</i> |
| 2 | Free-range Chicken Fillets |
| 50ml | Grated Italian-style Hard Cheese |
| 10ml | Cornflour |
| 1 | Onion <i>½ peeled & cut into thin wedges</i> |
| 10ml | Beef Stock |
| 100ml | Red Wine |
| 40g | Green Leaves <i>rinsed</i> |
| 20g | 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 breasts dry with paper towel and place on a chopping board. Slice into one side of the breasts, starting at the thicker end and ending at the thin point (be careful not to cut all the way through.) Open up the breasts 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 breasts 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 breasts like a swiss roll! Secure the rolls 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 roulades are finished baking, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the cooked roulades 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 2 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 170ml of boiling water, the stock, the red wine, and the slurry. Lower the heat slightly and simmer for 7-8 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