

CHICKEN ROULADE

Served with, baby carrot, fennel, butternut cream, pea puree, mediterrano and maple sauce.

INGREDIENTS

Chicken fillet 180g – 200g
Peppadew 5g
Feta 40g
Olive paste 25g
Butternut 60g
Garden peas 50g
Cream 200ml
Baby carrot 30g
Baby fennel 20g
Maple syrup 20ml
Extra Virgin Olive oil 20ml
AB Mediterraneo sauce 100ml
Seasoning

METHOD

Flatten the chicken breast with a rolling pin on a sheet of tinfoil. Brush with Mediterraneo, season with salt and pepper and then fill with mixture of peppadews, feta cheese and olive paste.

Roll-up foil with breast inside to form a long cracker shaped roll. Pinch the sides closed and poach in a water bath for 15-20 mins. Allow to cool down, then slice into 2-3cm discs.

Prepare the vegetables and puree as preferred.

Mix the remaining Mediterraneo with the maple syrup.

Heat the olive oil and a frying pan and fry the roulade disc until golden brown.

Serve with vegetables, purees and drizzle with Mediterraneo sauce.

