



Sundried Tomato Pesto Mozzarella Chicken Roulade

(courtesy of @lelittlegourmand)

Try this easy flavourful recipe for an easy weeknight dinner!

Serves 2

Prep Time: 1 hour

Ingredients

For the chicken

1 chicken breast flattened
3 tbsp Jars of Goodness Sundried
Tomato Pesto
½ cup mozzarella
salt & pepper to taste

For the mash potatoes

6 potatoes, washed and skin off
3 tbsp butter
1 tbsp dried herbs
salt and pepper to taste

Method

- Place your flattened chicken on a chopping board.
- Spread the Jars of Goodness Sundried Tomato Pesto, mozzarella, salt and pepper.
- Next, roll the chicken breast up and using your fingers tuck the edge in.
- Make it nice and tight, and finish seam side down.
- Set aside on a plate, seam side down.
- Remove a large piece of plastic wrap and place the chicken on the edge of the wrap, fold the plastic wrap over, tucking it back in, making sure the seam is together, roll it up nice and even and singe up the sides, this will make it tight.
- Apply pressure using downward pressure as you roll the roulade.
- Tie off the ends and let it hold for about 20 mins before you unwrap it.
- Poach in water (180C) for 18 minutes and then chill in ice bath
- Bake the chicken at 180C for 17 minutes until cheese begins to melt and cook through.
- Grill for 5 mins until charred.
- Prepare your mash potatoes, boil your potatoes and mash them add the remaining ingredients and mix well until creamy.
- Plate with mash on the bottom, cut roulade, spring onions and drizzle some more sundried tomato pesto.