






Cooking Made Easy

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Easter Time Roulades with Roasted Rocket Potatoes

Easter time down at the Fresh Farm is a chance for all of us to get a bit creative in the kitchen. There's a big family style dinner around our new 14 foot table (that we made from some old planks!) and everyone gets to bring a dish. These roulades are a firm favourite. All the deliciousness of a roast but with a couple of twists (and so easy to make). Happy Easter!



35 min



family box



gluten free



New Potatoes



Onion



Chicken Breast



Basil Pesto



Mozzarella



Steve's Leaves Baby Watercress

Ingredients

	2P	4P
New Potatoes, quartered	-	2 handfuls
Onion, chopped	-	1 cup
Chicken Breast	-	4
Basil Pesto 1	-	4 tbsp
Mozzarella 1	-	2 balls
Steve's Leaves Baby Watercress	-	2 bags

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 579 kcal | Protein: 48g | Carbs: 36g | Fat: 24g | Saturated Fat: 9g



1 Pre-heat your oven to 200 degrees. Cut the potatoes into quarters (but don't peel the nutritious skin). Peel and roughly chop the onion into 3cm cubes.



2 Toss the potatoes and onion in 2 tbsp of olive oil, ½ tsp of salt and a good grind of pepper. Roast on a large baking tray on the top shelf of the oven for around 20 mins.

Tip: Give the tray a good shake 10 mins in to cook the other side and remove from the oven once the potatoes are nice and crispy.



3 Place your hand flat on each chicken breast and slice in half from the side. *Tip: You want to be able to open up the chicken breast like a book (this is called 'butterflying').* Lay the chicken between 2 sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is less than ½cm thick.



4 LH: *Spread 1 tbsp of the pesto over each flattened breast.* Slice the mozzarella into strips and lay along one edge. Roll the chicken up from the edge with the mozzarella and secure with cocktail sticks if you have some. *Tip: It should look a bit like a Swiss roll!*

5 Heat 1 tbsp of olive oil in a pan on a medium-high heat. Season the outside of the rolled chicken breasts with salt and pepper and cook for 5 mins. Depending on the size of your pan, you may need to cook 2 at a time to ensure you keep the temperature of the pan hot enough to brown the chicken rather than stew it. *Tip: Turn regularly to give the outside an even golden colour.*

6 Turn the heat down in the oven to 180 degrees. Transfer the chicken to a baking tray and place on the top shelf of the oven. Cook for around 10-15 mins then remove and rest for a few mins before serving. *Tip: The chicken is cooked when it is no longer pink in the middle.*

7 Toss the roasted potatoes and onions with the rocket and serve with the chicken.