

MUSHROOM STUFFED CHICKEN ROLLS

INGREDIENTS

600 g piece of chicken breast
salt and pepper

Stuffing:

3 king oyster mushrooms cleaned and chopped
10 Crimini mushrooms cleaned and chopped
1 clove garlic minced
1 shallot minced
3 Tbsp evo oil
Pinch of chili flakes and rosemary
½ tsp each of dried marjoram, thyme, oregano
¼ cup white wine
¼ cup panko breadcrumbs
¼ cup of fine Italian bread crumbs
½ tsp white truffle oil
113 g plain good quality cream cheese

Wrapping:

8 slices of Italian Prosciutto Crudo

Roasting:

1 Tbsp evo oil
2 carrots peeled and cut into wedges
¼ onion chopped

Garnish:

a drizzle of olive oil
6 lemon slices

INSTRUCTIONS

Step 1: Cut chicken in half lengthwise, cover with plastic wrap on both sides and pound with a meat cleaver until somewhat flat. Do the same for the other fillet of chicken. Season with salt and pepper lightly, then set aside in the fridge.

Stuffing:

Step 2: In a heavy based pan drizzle in olive oil. Sprinkle in chili flakes and toss in garlic and shallot.

Step 3: Saute for about 5 minutes on low to medium heat.

Step 4: Throw in chopped mushrooms and season with salt & pepper.

Step 5: Add in marjoram, thyme, oregano. Stir well and let cook for 5 minutes. Pour in white wine and cook for an additional 3-4 minutes or until the wine has evaporated.

Step 6: Take off heat and stir in breadcrumbs until well incorporated and set aside. If it is a bit dry add some vegetable stock.

Chicken:

Step 7: Take the two fillets of chicken and lay on a wood board. Spread your seasoned cream cheese all over the inside of the chicken in a thin layer.

Step 8: Spoon mushroom stuffing on top of the cream cheese, then start rolling the chicken to form a round roll.

Step 9: Wrap mushroom chicken roll in the Prosciutto Crudo slices. Do the same for the remaining chicken fillet

Roasting:

Step 10: Pre-heat oven to 190C. In a medium roasting dish place carrots onto the bottom of the pan. Sprinkle the onion on top.

Step 12: Place chicken rolls perpendicular to the carrots. Cover with foil wrap and place in middle wrack of oven.

Step 13: Bake for 35 minutes then uncover and cook for another 25 minutes. Make sure to check different areas of the roll. Take out of oven and let rest 10 minutes.

THE COOKERY

by The Secret Jozi Chef