



Chicken involtini with sweet potato mash

SERVES: 2

Preparation

20 mins

Cooking

20 mins

Serving & Presentation

5 mins

Total time:
45 MINUTES

INGREDIENTS



1 chicken breast, cut in half lengthways



6 slices prosciutto



6 basil leaves



½ red capsicum, roasted and thinly sliced



2 bocconcini, sliced



2 teaspoons oil



200 grams sweet potato, peeled and roughly diced



1 tablespoon milk



1 tablespoon butter



1 tablespoon parmesan cheese, grated



Handful rocket

METHOD

- 1 Preheat oven to 180°C.
- 2 Place chicken breast between two sheets of plastic wrap. Using a meat mallet, gently pound until about 5 millimetres thick. Repeat with second chicken portion.
- 3 Lay 3 slices of prosciutto on your chopping board, overlapping slightly, so they match the width of the chicken.
- 4 Place the chicken fillet across the prosciutto.
- 5 Lay half of the basil leaves, roast capsicum and sliced bocconcini on top of the chicken.
- 6 Starting at the smaller end of the chicken, roll up and secure ends with a toothpick.
- 7 Repeat with remaining chicken and ingredients.
- 8 Heat oil in a frying pan and brown chicken and prosciutto all over. This will take approximately 5 minutes.
- 9 Place chicken on a lined baking tray and cook for a further 15 minutes, or until the chicken is completely cooked.
- 10 Meanwhile, boil water for the potatoes. When boiling, add potatoes and cook until soft (about 10 minutes).

tips & Techniques

To roast your capsicum, simply blister the skin in the oven or under the grill until black and place directly into a sealed plastic bag for 5 minutes. This will steam the skin and make it easier to peel.

When tenderising your chicken, it is important to get the same thickness throughout the whole breast. This makes it easier to roll and also ensures it cooks evenly.

To ensure your involtini doesn't unroll during cooking, make sure you secure it tightly with a toothpick before cooking. Don't forget to remove your toothpick before plating up.

You must make sure your chicken is cooked through before serving.

