

Fo sku1178 web

Chicken Roulade

with Feta, Spinach & Mint



30-40min



4 Servings

A roulade is a thin piece of meat stuffed and rolled to create a beautiful party pinwheel of a dish. In this interpretation, chicken is stuffed with feta, spinach, and refreshing mint for a finished product that is both cheesy, hearty, and beautiful! A simple crunchy romaine salad with a punchy vinaigrette is the perfect accompaniment to this rich chicken. Cook, relax, and enjoy!

What we send

- roasted red peppers
- toothpicks
- baby spinach
- chicken cutlets
- large cloves garlic
- fresh mint
- lemon
- romaine heart

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 515.0kcal, Fat 32.8g, Proteins 48.0g, Carbs 5.0g



1. Sauté spinach

Peel and chop **garlic**. Heat 1 tablespoon **oil** in a large skillet over medium-high. Add **spinach** and a pinch of **salt**, and sauté until starting to wilt, about 3 minutes. Add **garlic** and sauté until fragrant, 2 minutes more. Transfer **spinach** to a strainer and press down to remove excess liquid. Wipe skillet clean.



4. Brown chicken

Season **roulades** with **salt** and **pepper**. Heat 1 tablespoon **oil** in the skillet over medium-high. Add **roulades**, seam-side-down and cook, turning every 4 minutes, until golden-brown on all sides, about 16 minutes total. Transfer to a cutting board and let rest 5 minutes.



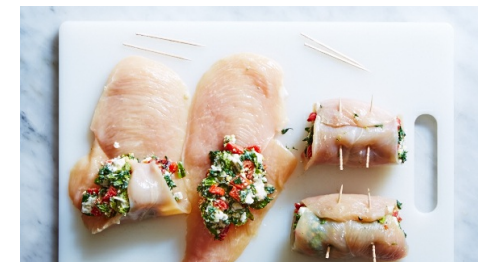
2. Make filling

Finely chop **sautéed spinach**. Crumble **feta** and chop **roasted peppers**. Pick **mint leaves** from stems and roughly chop leaves. Zest **lemon**. In a medium bowl, combine **chopped spinach**, **lemon zest**, all but 2 tablespoons of the **feta**, and half each of the **roasted peppers** and **mint**.



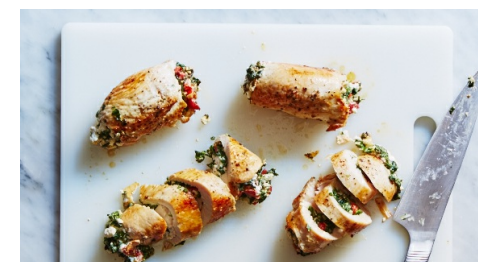
5. Make salad

Cut **romaine** crosswise into ½-inch strips. Squeeze **lemon** into a large bowl, and add 2 tablespoons **oil**. Add **romaine**, **remaining feta**, **roasted peppers**, and **mint**. Season with **salt** and **pepper** and toss to combine.



3. Form roulades

Pat **chicken cutlets** dry with a paper towel. Place 4-5 tablespoons **filling** at the smaller end of a **chicken cutlet**. Roll **chicken** tightly like a jelly roll and secure with 2 toothpicks. Continue with **remaining chicken cutlets** and **filling**.



6. Finish

Remove toothpicks and discard. Cut each **chicken roulade** on a diagonal into 4 pieces. Serve salad alongside **chicken**. Enjoy!