




Garlic butter stuffed chicken breast

Roasted bacon, Brussels sprouts & broccoli

 30 minutes

 Skill
Hard

 About
845

GATHER
YOUR GREEN
INGREDIENTS



Ingredients

1	2	4	 Serves
1	2	4	Chicken ballotines
1/2	1	2	Broccoli
75g	150g	300g	Brussels sprouts
1/4	1/2	1	Cherry tomato punnet
1	2	4	Bacon rashers
1/2	1	2	Garlic butter

Method

! Boil a kettle of water.

UTENSILS: Medium saucepan, large frypan, medium frypan



COOK THE CHICKEN

Place a medium saucepan of simmering water over a moderate heat. With the cling film still on, add the chicken to the saucepan and cook for 12 minutes. Turn the heat off and sit for 5 minutes. Remove from the water and carefully remove the plastic by trimming the knot off one end and sliding the chicken out.



PREPARE THE INGREDIENTS

Cut the bacon into 0.5cm pieces. Cut the broccoli into florets. Remove the base of the Brussels sprouts and cut into halves.



COOK THE VEGETABLES

Cook the broccoli and Brussels sprouts in rapidly boiling water for 4 minutes over a high heat. Remove from the heat, strain and set aside.



FRY THE CHICKEN

Place a large frypan with 1 tbs of oil over a moderate heat. Cook the chicken until golden brown or for approx. 3-4 minutes. Turn every minute or so.



FRY THE VEGETABLES

Using the pan the chicken was cooked in, fry the bacon for 1-2 minutes. Add the strained vegetables and cherry tomatoes and cook for 1-2 minutes. Add the garlic butter and cook for a further minute, while stirring the mix.



PLATE THE DISH

To plate the dish, divide the vegetable mixture between plates and serve alongside the chicken.

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Wine Matching

Pair with a Victorian Pinot Grigio.