

CHICKEN INVOLTINI

Involtini is the Italian word for 'roll'. Chicken fillets work well here because they cook quickly. This recipe makes enough for 2 portions and can be frozen before the cooking stage.



6 chicken fillets (250g)
6 slices pancetta
6 medium sage leaves or sprigs of thyme
½ glass white wine
1 tsp oil
Salt & pepper

Hints, Tips and Variations

- ◆ *Gluten, wheat & dairy free*
- ◆ *If you can't find pancetta, use thinly sliced, smoked streaky bacon as an alternative.*
- ◆ *The fat in the pancetta keeps the chicken juicy. Don't be tempted to use back bacon - it will be dry.*
- ◆ *If you want to use chicken breast instead of fillets, cut each breast into 2 or 3 strips, depending on their size.*
- ◆ *Make extra & freeze raw, to use up extra chicken or pancetta.*

Space the chicken fillets out on a board, cover with cling film and flatten gently with a rolling pin.

Remove the cling film, sprinkle the chicken with ground pepper and herbs.

Place each fillet on top of a rasher of pancetta and roll up, securing the end of pancetta with a cocktail stick.

Heat the oil to hot in a small frying pan, add the involtini, turning every 30seconds or so to brown on all sides.

Add the wine, allow to bubble, then cover the pan with a lid, reduce the heat to a low simmer and cook for 5 min.

Once cooked, remove the involtini to a plate, remove the cocktail sticks and keep warm. Bubble the pan juices if necessary to reduce to about 1 tablespoonful.

Drizzle the juices over the involtini to serve.

Per serving 399Kcal, 43.1g Protien, 21.3g Fat (6.6g saturated), 0.9g Carbs, 0.4g Sugar, 734mg salt