

ORGANIC CHICKEN ROLLS WITH VEGETABLES



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20
min



Medium

INGREDIENTS

- 2 large organic chicken breasts
- 3 carrots
- 1 white onion
- 100g green beans
- 1 celery stick
- 6 mushrooms
- 2 tbsp olive oil
- 50g butter
- 30g almonds

METHOD

Open up the chicken breasts in the middle, so as to have two equal halves • Lightly tenderise and season with salt and pepper • Peel the carrots and use the peeler to finely slice • Cut the celery and onion into small strips and slice the mushrooms • Diagonally slice the green beans and cook in boiling water for between 2 and 3 minutes, before refreshing in cold water • Sauté the onion and celery in a dash of olive oil and a knob of butter • Season with salt and pepper and add the green beans • Place a little of this vegetable mix into each chicken half and roll up • Roast the rolls in the oven for 20 minutes at 160°C • Sauté the mushrooms and keep for later • Sauté the carrot slices and as soon as they soften, place in the centre of a plate • Place the mushrooms on top of these and finish with a chicken roll cut diagonally in two • Sprinkle with crushed toasted almonds