

recipe



Local service...National scale

Chicken, Ham & Spinach Parcel

Ingredients

- 1 chicken fillet (around 130g)
- 1 slice of ham (25g)
- 1 ball of frozen spinach
- 1 pinch of nutmeg
- 1 tsp of olive oil
- 2 tbsp of vegetable stock
- 2 tbsp of white wine
- 90 g of mushrooms

SERVES	1
PREPARATION TIME	30 minutes
COOKING TIME	25 minutes

EACH SERVING CONTAINS

Calories:	270kcal	14% GDA
Sugar:	1g	2% GDA
Fat:	11g	16% GDA
Saturates:	3g	15% GDA
Salt:	1.3g	22%GDA

GDA - Guideline Daily Amount

Method

1. Place the chicken fillet between 2 pieces of clingfilm and pound with a meat mallet, rolling pin or empty bottle into a thin, flat piece. Remove the clingfilm; cover the chicken with a slice of ham and then top with the thawed spinach seasoned with nutmeg. Roll up and secure with a cocktail stick.
2. Heat the olive oil in a non-stick pan and brown the chicken parcel on all sides. Add the stock, wine and mushrooms and cook for around 15 minutes or until chicken is cooked right through.
3. If a thicker sauce is preferred, remove the chicken to a warm plate and boil the sauce to reduce in volume.
4. Serve with 45g of brown rice (uncooked weight) and 2 servings of vegetables.