



Chicken Involtini with a Caramelized Mushrooms and Spanish Onion Ragu

Serves 4-6

Ingredients

2 chicken breasts
Handful of mozzarella cheese
Handful of English Spinach
Pinch of sumac
10 large field mushrooms, cut into quarters
2 Spanish onions, sliced into wedges
80ml red wine vinegar
2 oranges, juice and zest
2 tablespoons fresh thyme
100g diced pumpkin
1 teaspoon vegetable oil
Salt and freshly cracked black pepper, to taste

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This initiative is funded by the Australian Government.





Method

1. Preheat oven to 185C.
2. Place chicken between two pieces of glad wrap, bash out chicken until it is flattened and around ½ cm thick all over. Set aside.
3. In a steamer cook pumpkin until just tender. Remove and let cool.
4. Add spinach to steamer and cook until softened, then run under cold water to refresh. Drain, chop and set aside.
5. In a small bowl mix spinach, cheese and salt and pepper.
6. Lay out flattened chicken. Season with sumac.
7. Place a large spoon of the mixture onto chicken, then roll it tightly encasing the filling. Pin with a tooth pick. Rest in fridge for 30 minutes
8. In a hot pan, add a little vegetable oil, season chicken involtini with salt and pepper all over then sear each side for 2 minutes.
9. Place on an oven tray and cook for approximately 8-10 minutes or until cooked. Rest for 5 minutes. Take out tooth pick.
10. Using the same pan caramelize mushrooms and onion.
11. De-glaze pan with red wine vinegar and orange juice and zest. Reduce the liquid and add thyme and season with salt and pepper.
12. Pour it down the middle of a platter. Sprinkle over the diced pumpkin.
13. Slice the involtini and place on top of the ragu.

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