



Serves: 4

# Balinese Steamed Chicken Rolls

## Ingredients

- Chicken leg, boneless, skin removed
- Carrot, cut into thick strips 1
- Shallots 20g
- Garlic 10g
- Chilli 1
- Turmeric 1
- Small ginger 1
- Blue ginger/Laos 1
- Lemongrass 2 stalks
- Lime leaf 2
- Rice bran oil 2 tsp
- Salt & pepper, to taste

## Tips:

- Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
- Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
- Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.

## Method

- Blend the shallots, garlic, chilli, turmeric, small ginger and blue ginger in a blender.
- Heat oil, add the lime leaf, lemongrass and blended ingredients. Sauté until fragrant.
- Place the boneless leg on a plate and pour half the sauce over it. Place the carrots on the chicken and roll. Secure with a toothpick if needed.
- Put the roll in a steamer and steam for about 15 minutes.
- Remove the chicken roll, cut into pieces and pour the other half of sauce on top. Serve.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 120kcal

Carbohydrate 6.2g

Protein 13.5g

Total fat (g and % of total calories) 4.3g (33.1%), Saturated fat 0.9g

Cholesterol 42mg

Dietary Fibre 0.9g

Sodium 206mg