



Serves: 4

Chicken Herb Roll with Pumpkin Puree

Ingredients

- Chicken breast 320g
- Zucchini, sliced 160g
- Yellow pumpkin 160g
- Vegetable stock 4 tbsps
- Onion 40g
- Thyme, fresh 5g
- Rosemary, fresh 5g
- Salt ¼ tsp
- Pepper ¼ tsp
- Cling film

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

Method

- Place chicken breast between cling film and pound until flat.
- Place zucchini, salt and pepper, thyme and rosemary on top of chicken breast.
- Roll the breast with ingredients, and secure with toothpicks at the side.
- Remove the cling film. Place in a lightly greased baking dish and bake until chicken is nicely browned.
- Meanwhile, steam yellow pumpkin until soft, then blend with vegetable stock and onions.
- Slice chicken roll and serve on a plate with pumpkin puree at the side.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 126kcal
Protein 20.6g
Total fat (g and % of total calories)
1.4g (10.5%)
Saturated fat 0.4g
Cholesterol 46mg
Carbohydrate 6.7g
Dietary Fibre 1.4g
Sodium 307mg