
Poached Chicken Roulade With Pumpkin and Fetta



625 Grams Chicken Breast, butterfly and flattened

75 Milliliters Extra Virgin Olive Oil

10 Grams Chilli Flakes

125 Grams Baby Spinach

125 Grams Rocket Leaves

175 Grams Fetta Cheese

150 Grams Walnut, roasted

Pumpkin

300 Grams Butternut Pumpkin

30 Milliliters Olive Oil

2 Grams Thyme, chopped

2 Grams Parley, chopped

Salt and Pepper, to taste

Lime Dressing

130 Grams Lime, zested and juiced

250 Milliliters Extra Virgin Olive Oil

10 Milliliters White Vinegar

80 Milliliters Honey

15 Grams Green Chilli, in half

Salt and Pepper, to taste



Servings: 5

Dressing; Mix lime zest, lime juice and white vinegar altogether. Slowly, pour the olive oil constantly whisking it until it emulsifies. Cut the chilli in half, and add in the dressing. Season to taste. Set aside.

Pumpkin: Slice the pumpkin 1cm thick and panfry with olive oil, thyme, parsley, salt and pepper until cooked through. Set aside.

Chicken Roulade: Butterfly the chicken breast and place it on a cling wrap. Flatten with a kitchen hammer. Season the butterflied chicken breast with chilli flakes, salt and pepper. Roll the chicken in cling wrap in a sausage shape. Wrap it again with aluminium foil and poach in boiling water for 20 minutes or until cooked. Remove the chicken from the boiling water when cooked, and cool it down in an ice bath. When cooled down, unwrap the chicken and slice it into 1.5cm thick.

Plating: Toss the spinach and rocket in the lime dressing. Place the pumpkin on the bottom of the plate, then the spinach and the rocket leaves on top of it. Crumble fetta cheese on top of the salad and add toasted walnuts. Place the sliced chicken in front of the salad, and drizzle with some extra lime dressing.