

dining scene



CHICKEN BREAST

SERVED ON A MEDITERRANEAN ROULADE

- with rocket pesto and roast tomatoes

INGREDIENTS

FOR THE CHICKEN

- 3 Tbs olive oil
- 4 chicken breasts, seasoned with salt and freshly ground black pepper
- 4 slices mozzarella
- 8 roma tomatoes

Preheat oven to 190°C. Heat the olive oil. When hot, gently lay chicken in pan. Cook 3 minutes each side. Put in oven and cook a further 8 minutes. Meanwhile put 8 roma tomatoes close together in a pan. Drizzle with balsamic vinegar and roast 5 minutes. Slice roulade into 8 and heat in oven. Take out chicken and put a slice of mozzarella on each breast. Rest for 5 minutes.

FOR THE ROULADE

- 1 eggplant, halved lengthwise & thinly sliced
- 2 courgettes, thinly sliced
- 2 capsicums, roasted, peeled and sliced
- 70gm feta, crumbled
- 2 Tbs each of thyme and roasted rosemary, finely chopped

Grill the eggplant and courgette slices, turning once, until cooked through.

Lay eggplant lengthways, overlapping on a flat tray. On top of the eggplant lay the courgettes, capsicums, feta, herbs and seasoning. Roll up and leave in fridge until ready to use.

FOR THE ROCKET PESTO

- 2 handfuls rocket
- 2 cloves garlic
- 2 Tbs toasted cashew nuts
- ¼ cup parmesan
- ¼ cup olive oil
- salt and freshly ground black pepper

Process everything except the oil, salt and pepper. When a rough paste has formed gradually add oil, then seasoning.

SERVING

Put 2 slices of roulade on each plate. Lay chicken on top, with a good dollop of pesto, and finish with tomatoes. ■



CHEF:
SARA DALY
VINYL

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pie
will
you
choose?



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