



Chicken rolls with basil almond pesto

20'
Hands on

25'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the filling

- In a food processor, add the olive oil, coarsely chopped garlic, basil, salt and pepper. Beat thoroughly, until the garlic and basil have dissolved completely.
- Add the almonds, lemon zest and balsamic vinegar. Beat thoroughly, until the almonds are completely ground and incorporated.
- Add the parmesan and pulse for a few seconds, just to combine with the rest of the ingredients.

For the chicken

- Preheat oven to 180* C (350* F) Fan.
- Place a [pan](#) over high heat.
- To butterfly the chicken fillets, use a sharp [knife](#) to cut them in half, lengthwise, making sure you do not cut all the way to the end to separate.
- Add the olive oil, salt and pepper. Spread over surface.
- Wrap into a roll and add to the hot pan. Sauté until golden on all sides and transfer to a [baking pan](#).
- Bake for 20-25 minutes.

For the veggies

- Place a [grill pan](#) over high heat.
- Chop the bell peppers into large pieces, cut the zucchini into slanted slices and the eggplant into thin slanted slices.
- Transfer veggies to a [bowl](#) and add salt, pepper, olive oil and balsamic vinegar. Toss to coat.
- Add the veggies to the hot grill pan in batches. Cook for 2-3 minutes on each side, until they are cooked through.
- Serve chicken rolls with pan roasted veggies, basil leaves, pepper and olive oil.

Ingredients

For the basil almond pesto

- 2 tablespoon(s) olive oil
- 50 g basil leaves
- 1 clove(s) of garlic
- salt
- pepper
- 100 g almonds
- lemon zest
- 30 g balsamic vinegar
- 100 g parmesan cheese

For the chicken

- 1.000 chicken breast fillet
- salt
- pepper
- 1 tablespoon(s) olive oil

For the veggies

- 1 yellow bell pepper
- 1 red bell pepper
- 1 zucchini
- 1 eggplant
- salt
- pepper
- 2-3 tablespoon(s) olive oil
- 2 tablespoon(s) balsamic vinegar, with honey

To serve

- basil leaves
- pepper
- 1 teaspoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

709 Calories (kcal)	39.0 Total Fat (g)	9.2 Saturated Fat (g)	14.0 Total Carbs (g)
35%	56%	46%	5%
12.0 Sugars (g)	73.0 Protein (g)	6.7 Fibre (g)	2.4 Sodium (g)
13%	146%	27%	40%