



Chicken puff pastry roll

25'
Hands on

50'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Preheat oven to 190° C (375* F) set to fan.
- **Cut** the chicken into small cubes and place it in a bowl.
- Add the sundried tomatoes and the olives (finely chopped) to the bowl. Add the oregano, chili flakes, corn, cheddar cheese, cream cheese, salt, pepper, herbs and mix with your hands.
- Place the puff pastry sheet on your kitchen counter and roll out with the rolling pin.
- Cut in a zig-zag manner from the smaller sides. Connect the pieces and slightly press with your hands.
- Add the filling to the puff pastry lengthwise and fold the edges.
- Connect the edges and press to create a bread roll.
- Transfer to a **baking pan** lined with parchment paper. Brush with egg yolk and water and bake for 40-50 minutes.
- **Serve** with rocket, cherry tomatoes, olives and olive oil.

Ingredients

- 300 g chicken, roasted
- 5 sun-dried tomatoes
- 10 olives, Kalamata
- 1 teaspoon(s) oregano, dry
- 1 teaspoon(s) chili flakes
- 100 g corn, canned
- 200 g cheddar, 200 g cheddar cheese,
- 200 g cream cheese
- salt
- pepper
- 1 tablespoon(s) herbs, fresh
- 400 g puff pastry sheets
- 1 egg yolk, diluted in 1 tablespoon water

To serve

- 100 g rocket
- 100 g cherry tomatoes
- 50 g olives
- 1 teaspoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per portion

456 Calories (kcal)	31.0 Total Fat (g)	17.0 Saturated Fat (g)	21.0 Total Carbs (g)
23%	44%	85%	8%
2.7 Sugars (g)	24.0 Protein (g)	1.5 Fibre (g)	0.99 Sodium (g)
3%	48%	6%	17%