



# Chicken bread rolls

30'  
Hands on

40'  
Cook Time

20  
Portion(s)

1  
Difficulty



## Ingredients

### For the filling

- 1 onion
- 2 tablespoon(s) olive oil
- 1 red bell pepper
- 1 clove(s) of garlic
- 150 g chicken breast fillet, baked
- salt
- pepper
- 100 g feta cheese
- 100 g cream cheese
- lemon zest, of 1 lemon
- 1/4 bunch parsley
- 20 slices [sandwich bread](#)
- 50 g mustard, mild

### For the breading

- 30 g parmesan cheese
- 1 teaspoon(s) paprika, sweet
- 1 tablespoon(s) oregano, dried
- 250 g milk

### To serve

- 100 g [homemade ketchup](#)

## Method

- Preheat the oven to 200° C (390° F) set to fan.
- Place a [frying pan](#) over high heat and add 2 tablespoons of olive oil.
- Finely chop the onion and the garlic, cut the pepper into small cubes, and add them to the hot pan. Sauté for 2-3 minutes.
- Add the chicken cut into cubes, salt, pepper, and sauté for 1 minute.
- Remove and set aside to cool.
- Transfer the filling to a bowl and add the feta crumbled, the cream cheese, lemon zest, the parsley finely chopped, then mix and set aside.
- Cut the crusts of the sandwich bread slices, grind them in a blender, and add them into a bowl. Add the parmesan, paprika, oregano, then mix and set aside.

### For the breading

- Preheat the oven to 200° C (390° F) set to fan.
- Use a rolling pin to flatten the bread slices until they are very thin.
- Spread the mustard, divide the filling among them, and wrap them into a roll.
- Add the milk into a bowl and dip the bread rolls in, one by one. Then, cover them with the breadcrumb mixture.
- Transfer to a [baking pan](#) lined with parchment paper, seam-side down, and bake them for 15-20 minutes.
- Remove and serve them with ketchup.

## Διατροφικός πίνακας

### Nutrition information per portion

158 Calories (kcal)	5.5 Total Fat (g)	2.3 Saturated Fat (g)	18.0 Total Carbs (g)
8%	8%	12%	7%
2.8 Sugars (g)	8.2 Protein (g)	1.6 Fibre (g)	0.66 Sodium (g)
3%	16%	6%	11%