

## Chicken & Vegetable Rolls

Serves: 1

Prep time: 15 Minutes

Cooking time: 30-35 Minutes

### Ingredients:

- 2-3 chicken thighs (depending on size)
- ½ zucchini
- 2 shallots (green onion)
- ½ red capsicum **\*optional**
- 8-12 sundries tomatoes **\*optional**
- ½ carrot
- ½ teaspoon minced garlic
- ½ teaspoon grated ginger
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- 2-3 tablespoons olive oil



*Juicy tender & full of flavour*

### Method:

- Preheat the oven 180°C
- Pound the chicken fillets with a meat mallet, till flat and even in thickness
- In a ziplock bag or bowl, add garlic, ginger, paprika, salt, pepper and oil, mix well
- Place the chicken into the bag or bowl and massage the oil mixture into the meat. Refrigerate, while preparing the vegetables
- Slice the vegetables into long thin strips
- Place the chicken onto a board and divide and arrange the vegetables evenly across the centre of each fillet, roll and secure with string or toothpicks
- Place the bundles onto a small baking tray and cook in preheated oven for 30-35 minutes, until golden in colour and cooked through
- Place on serving plate and pour the juices from the pan over
- Serve hot or cold

### Note:

- This recipe was given to me by my good friend Karen from <http://allergycookingandcoping.com>
- **If you know anyone with food allergies, check out her website. (all her recipes are gluten, grain and dairy free)**