[Chicken Involtini with Roast Tomato & Zucchini Salad](#)

With both kids having left home for the time being, it means that quite often I am home alone. I've always enjoyed my own company, particularly as my thoughts are often in the food department, which I find rather satisfying (weirdo!). I came up with this delicious recipe the other night when Hubby was at a work dinner. I often have bits of chicken etc in the freezer and I had the other ingredients already in the house (bonus!). I have never made Chicken Involtini before as the recipes that I have perused always look like a bit of hard work. Tying string or pricking with tooth picks, who can be bothered? I did however get to thinking and decided I really wanted a stuffed chicken breast so I decided to use a poaching method. Worked an absolute treat, chicken was super moist, the bocconcini stayed inside it and I still got the lovely caramelised finish after frying it off in a little butter and oil. Paired with a simple salad it was a really easy meal, one that I just have to share with you!

Prep time: 25 Minutes   Cooking time: 25 Minutes
               $$ Medium Budget

Serves 4

20gm of butter and olive oil for frying

4 x 150gm chicken breast fillets

4 bocconcini balls, sliced

8 sun dried tomato halves

8 basil leaves

Sea salt and pepper

Chopped parsley or micro herbs for garnish

For the Salad:

1 punnet of grape or cherry tomatoes, halved (I use the yellow and red Perino brand from Coles)

2 zucchini's, halved lengthways and sliced into 1cm chunks

1/2 tsp of chilli flakes

Zest of 1 lemon

1 bag of baby rocket

1/4 cup of toasted pine nuts

1/4 cup of extra virgin olive oil

1/4 cup of balsamic vinegar

Juice of 1/2 a lemon

Sea salt and pepper

Preheat the oven to 180°C. Place the zucchini and tomatoes on a lined baking tray, drizzle with olive oil and sprinkle over the lemon rind, chilli flakes and salt and pepper. Toss to coat and place in the oven for 20-25 minutes or until golden.

In a small bowl, combine the extra virgin olive oil, balsamic, lemon juice and a pinch of salt and pepper with a whisk then set aside.

While the vegetables are cooking, fill a large saucepan about half way up with water and bring to the boil.

Place the breast fillets on a cutting board. If the tenderloin is in tact, remove it and set aside for another use. Hold the breast fillet with the flat of your palm and run the knife along the side of the breast fillet, being careful not to cut all the way through. Flip the chicken open and repeat with the remainder. Cover the fillets with a large piece of cling wrap and beat with a rolling pin so that they are of an even thickness all the way through, approximately 1cm thick. Lay two basil leaves, two sun dried tomatoes and one ball of bocconcini, sliced, down the centre of each breast and season with salt and pepper. Tear off four large pieces of cling wrap and roll each chicken breast, nice and tight. Place on a piece of cling wrap and roll it up, nice and tight, making sure the ends are tucked in during the process, so that no water can get in. You may wish to use another piece as a bit of insurance. Repeat with the remaining breast fillets.

Reduce the water in the pot to a simmer and place the chicken parcels in the water. Cover with a lid and simmer for about 12 minutes, until the chicken is almost cooked through.

Heat a frypan and add the butter and oil. Remove the chicken from the pot using a pair of tongs and cut the cling wrap away with a pair of scissors. The chicken should be nice and sealed after being in the water bath. Place the chicken in the pan, seam side down first and fry on each side until golden. Use a spoon to baste the chicken with the butter and oil while it is cooking.

Divide the rocket and roasted veggies between four plates and scatter over half the pine nuts and drizzle over half the dressing. Place the chicken on a board and slice on the diagonal about 1.5cm apart. Top the salad with chicken slices and sprinkle over the remaining pine nuts and dressing. Top with a smattering of baby herbs or chopped fresh parsley.