

INSIDE-OUT CHICKEN PARMIGIANA

This is the perfect dish to prepare ahead of time: make your rolls, steam your spuds, then finish it all off when your guests arrive or the family is clamouring.

The traditional crumb crust and the ham and cheese toppings are rolled inside a flattened chicken breast. It's then steamed rather than fried, locking in flavour and moisture, and the napoli sauce goes under instead of over.



Serves: 6-8 as a main

Time: 1 hour 30 minutes



INGREDIENTS

Crumb

- 80 grams (3 oz) stale sourdough bread
- 1 lemon, zest peeled in strips
- 1 clove garlic
- 90 grams (3.17 oz) green olives, pitted

Sauce & potatoes

- 60 grams (2.2 oz) shallots, peeled
- 1 clove garlic
- 40 grams (1.5 oz) butter
- 400 grams (14 oz) tomato passata
- 400 grams (14 oz) chicken stock
- 1 kilogram potatoes, peeled and cut into 3cm cubes

Rolled chicken

- 4-6 free range chicken breasts
- 6-8 slices prosciutto
- 4-6 stalks silverbeet
- 160 grams (5.6 oz) mozzarella, cut into thin slices



- 40 grams (1.5 oz) olive oil
- salt and pepper, to taste

METHOD

Crumb

- Place bread, lemon zest, garlic and olives into mixing bowl. Chop for **6 sec/speed 7** to turn to a rough crumb. Turn out into a small dish and set aside.

Sauce & potatoes

- Without cleaning mixing bowl, place shallots and garlic clove into mixing bowl and chop for **2 sec/speed 5**. Scrape down sides of mixing bowl with spatula.

- Add butter and cook for **3 min/100°C/speed 1**.

- Add passata and chicken stock to mixing bowl. Place potatoes in Varoma and set Varoma into position. Steam for **20 min/Varoma/speed 2**.

Rolled chicken

- While potatoes are cooking, prepare chicken. Separate tenderloin from chicken breast. Place chicken thighs between two sheets of baking paper and flatten by beating with a meat mallet or rolling pin to a rough rectangle that's thin enough to roll up (approx. 1-1.5cm thick). Remove top sheet of baking paper from flattened chicken and place a sheet of aluminium foil underneath the bottom sheet.



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6. With the rough side of chicken facing upwards, sprinkle the crumb mixture along the centre of the breast, followed by torn pieces of silverbeet, a slice of prosciutto and mozzarella. With the aid of your baking paper and foil, roll chicken into a tight scroll, twisting the ends to secure. (Rolls can be set aside in the refrigerator for up to 2 days, or frozen, as can steamed potatoes, and the sauce.)

To assemble

7. If necessary, top up sauce in mixing bowl with water, to cover the blades. Add salt and pepper to taste. Place chicken rolls in Varoma, making use of both dish and tray and set Varoma into position. Cook for **20 min/Varoma/speed 2**.

8. Preheat oven to 190°C. Transfer steamed potatoes into a roasting tin, toss with olive oil and salt and place in preheated oven for 20-30 minutes, or until edges are golden and crisp.

9. When Varoma steaming time has elapsed, pierce chicken with a skewer to centre of a roll. If juices run clear, chicken is cooked. If not, top up liquid in mixing bowl if necessary, and cook for a further **6 min/Varoma/speed 2**. Remove Varoma and replace with measuring cap. Blend sauce **30 sec/speed 4-7**, slowly turning from speed 4 to speed 7.

10. Remove chicken from wrappers and slice each thigh on the diagonal into scrolls. Pour a pool of sauce onto each serving plate, arrange chicken on top of sauce

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with layers exposed, and add golden potatoes.

Serve with extra sauce on the side for guests to help themselves.

Tips

- Feel free to use stock paste and water instead of liquid stock.
- If you don't have a meat mallet or a rolling pin, try using an empty bottle of wine.
- Use the tenderloins to make kid-sized Inside-out Chicken Parmigianas.
- Yes, you can freeze the rolls too - defrost in the fridge before steaming as in the recipe.
- If you are cooking rolls straight from the fridge they will probably take a little longer than 20 minutes to cook. You can either set to 25 min/Varoma/speed 2 at step 7, or follow the recipe and add time at step 9.

Variation

- Replace silverbeet with any seasonal greens.



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SHOPPING LIST:

- Stale sourdough bread (80 grams / 3 oz)
- Lemon (1)
- Cloves garlic (2)
- Green olives (90 grams / 3.17 oz)
- Shallots (60 grams / 2.2 oz)
- Butter (40 grams / 1.5 oz)
- Tomato passata (400 grams / 14 oz)
- Chicken stock (400 grams / 14 oz)
- Potatoes (1 kilogram)
- Chicken breasts (4-6 free range)
- Prosciutto (6-8 slices)
- Silverbeet (4-6 stalks)
- Mozzarella (160 grams / 5.6 oz)
- Olive oil (40 grams / 1.5 oz)
- Salt and pepper



NOTES & TIPS: