



Chicken Herb Roll With Pumpkin Puree

by **Roberto Galetti and Lino Sauro**
from the Garibaldi Group of Restaurants

Serves 4

Ingredients

320g chicken breast
160g zucchini, sliced
60g yellow pumpkin
4 tbsp vegetable stock
40g onion
5g thyme, fresh
5g rosemary, fresh
1/4 tsp salt
1/4 tsp pepper
1 tsp Nestle Nutren Diabetes
Cling film

Method

1. Place chicken breast between cling film and pound until flat.
2. Place zucchini, salt and pepper, thyme and rosemary on top of chicken breast.
3. Roll the breast with ingredients, and secure with toothpicks at the side.
4. Remove the cling film . Place in a lightly greased baking dish and bake until chicken is nicely browned.
5. Meanwhile, steam yellow pumpkin until soft, then blend with vegetable stock, onions and nutren diabetes.
6. Slice chicken roll and serve on a plate with pumpkin puree at the side.

Healthy Cooking Tips

1. Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
3. Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers

Nutrition Information (Per Serving)

Energy	126Kcal
Protein	20.6g
Fat	1g
Saturated fat	0.3g
Cholesterol	53mg
Carbohydrate	71g
*Carbohydrate exchange	5 exchanges
Dietary fibre	5.1g
Sodium	950mg

Recipe courtesy of Health Promotion Board Singapore