



BACON-WRAPPED CHICKEN ROULADE

I like to make this for date night with Wifey. I assemble everything ahead of time and just pop it into the oven half an hour before we're ready to eat, which gives me more time to spend with her.

Serves 4

- * 100g butter, room temperature
- * 100g baby spinach
- * 4 large skinless chicken breasts
- * 1 tsp (5ml) Cajun spice
- * Salt and black pepper, to taste
- * 230g cream cheese
- * 600g streaky bacon
- * Fresh rosemary, to garnish

1. Preheat the oven to 200°C.
2. In a large saucepan over medium heat, melt 20g of butter. Add the spinach and cook for 1–2 minutes, until just wilted. Remove from the heat and transfer to a large bowl.
3. Place the chicken breasts on a chopping board. Butterfly each breast using a sharp knife (see Notes and tips).
4. Place the open, butterflied chicken breasts on your work surface and season with Cajun spice, and salt and black pepper.
5. Mix the remaining butter and cream cheese with the cooked spinach.
6. Place approximately two tablespoons of spinach and cream cheese mixture in the centre of each chicken breast. Roll up each chicken breast and wrap it with bacon.
7. Transfer the chicken breasts to a lined oven tray and bake for 25–30 minutes, or until brown all over. Towards the end of the cooking time, grill the chicken breasts for 1–2 minutes to crisp up the bacon.
8. Once cooked, let the chicken rest outside the oven for 5 minutes before serving.

NOTES AND TIPS:

How to butterfly chicken breasts: Place a chicken breast on a chopping board. Lay one hand flat on top of the breast to keep it in place. With your other hand, use a sharp knife to cut a long, smooth cut horizontally through the middle of the breast, starting at the thicker end and ending at the thinnest point. Be careful not to cut all the way through to the other side. Open the chicken breast and lie it flat so that it resembles a butterfly. Use a rolling pin to flatten it some more and create an even thickness.