



CHICKEN ROULADES WITH GRILLED PEPPERS

Categoria: Main Courses **Tempo di preparazione:** 35 minutes **Difficoltà:** facile 🕒

Ingredienti per 4

- 400 g chicken breast
- 100 g raw ham (optional)
- fresh sage, to taste
- 50 g butter
- extra virgin olive oil, as needed
- 2 cloves of garlic
- 1 pepper
- salt, to taste
- pepper, to taste
- cherry tomatoes, to garnish

A tasty main course not just for an everyday meal but also special occasions.

Difficulty: **easy**

Cost: **moderate**

Preparation time: **35 minutes**

Serves: **4**

Method

Cut the chicken breast into thin slices, spread them on a work surface, put a slice of raw ham on each, if using, and a sage leaf. Roll, salt and pepper. You can hold each roulade in place with a wooden toothpick and remove it at the end of cooking.

Sauté the roulades in butter, extra virgin olive oil and 1 clove of garlic in a frying pan. Turn on all sides so the roulades are golden and cooked through.

Separately, sear the pepper on a grill for about 10/15 minutes and then peel and cut into strips. Arrange the peppers on the plates.

Place the roulades on top of the peppers and garnish with some grilled cherry tomatoes.

