



More Than Food
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Cranberry and Cream Cheese Chicken Roulades with Roast Potatoes

With the big day so close we wanted to give you a bit of pre-match training. Tonight, you're going to be practising how to make a roulade with traditional cranberry flavours. It's dead simple and the perfect warm up to the 25th.

50 mins

1 of your 5 a day

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Potato
(1 pack)



Dried Cranberries
(30g)



Broccoli
(1)



Chicken Breast
(2)



Philadelphia Cheese
(64g)



Water
(300ml)



Flour
(1½ tbsp)




Chicken Stock Pot
(1)

2 PEOPLE INGREDIENTS

- Potato, chopped
- Dried Cranberries, chopped
- Broccoli, florets
- Chicken Breast

- 1 pack**
- 30g**
- 1**
- 2**

- Philadelphia Cheese **64g**
- Water **300ml**
- Flour **1½ tbsp**
- Chicken Stock Pot **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Philadelphia cheese was originally produced in 1872 in New York.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	537 kcal / 2288 kJ	8 g	3 g	68 g	19 g	48 g	2 g
Per 100g	84 kcal / 359 kJ	1 g	1 g	11 g	3 g	8 g	0.4 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Preheat your oven to 200 degrees and bring a large pot of water to the boil. Peel the **potato** and chop into equal (roughly 4cm) chunks. Roughly chop the **dried cranberries**. Cut the **broccoli** into bite-sized florets.



2 Pop your **potato** onto a baking tray. Evenly coat in a drizzle of **oil**, and season with a pinch of **salt** and a good grind of **black pepper**. Place in your oven, on the middle shelf, for 30-35 mins, until golden and crispy. **Tip:** *If your potato finishes cooking before you're ready, just remove from your oven and pop them back in to heat up 5 mins before you serve!*

3 To butterfly the **chicken**, lay each **chicken breast** on a chopping board, place your hand flat on top and slice into your **chicken** from the side, so that you can open it up like a book. Now place each **chicken breast** between two sheets of clingfilm and whack them with the bottom of a heavy saucepan until they are ½cm thick.



4 Season your **chicken** on both sides. Spread the **Philadelphia cheese** evenly over one side of each **chicken breast** and scatter your **cranberries** over the top. Tightly roll each **chicken breast** like a swiss roll (see photo). These are your roulades!

5 Heat a splash of **oil** in a non-stick frying pan on medium-high heat. Once hot, gently lay in your **chicken roulades** with the loose end facing downwards. Cook on each side for 1 minute to brown, then remove to a baking tray. Keep the pan and any remaining juices as we'll use it to make the gravy later!



6 Place your **chicken roulades** on the top shelf of your oven for 20-25 mins or until completely cooked through. **Tip:** *The chicken is cooked when it is no longer pink in the middle.* Cook your **broccoli** in your boiling water for 4 mins before draining in a colander (reserve the drained **water**) and return the **broccoli** to the pot with the lid on, off the heat.

7 While your **broccoli** cooks put the frying pan you used for your chicken (with any remaining juices), back on medium-high heat. Once it's hot add the **flour** and stir until you have a thick paste (add a bit more **oil** if you need to). **Tip:** *Don't panic if it looks lumpy, it will be OK once you add the water!*

8 Add the **chicken stock pot** then gradually add your reserved **water** (amount specified in the ingredient list), stirring constantly with a wooden spoon or whisk until you have a thick, lump free **gravy**. Simmer gently for a few minutes to reduce slightly if it looks too thick, or add a splash more water if it looks too thick. Cut your **cranberry and cream cheese chicken roulades** into 1cm thick slices and serve with the **roast potatoes** and **broccoli**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!