

Chicken paupiette with carrots and spinach

Henri recipe

Serves: 6

2 chicken breasts

½ a package of frozen spinach

1 carrot shredded (do not cook)

Butter and olive oil (proportion ¼ to ¾)

Kosher salt and fresh ground pepper to season

Grated nutmeg

Cardamom seeds (optional)

Cooking string to secure chicken before cooking



Photography: Henri T. de Hahn

1. Cut chicken breast in half and evenly pound them without breaking. Salt and pepper each cutlet to taste.
2. On one side of the cutlet set carrot, spinach and cardamom. Sprinkle with nutmeg. Prepare string and carefully roll the stuffed cutlet in their longest length. String them and fasten securely
3. Melt butter and olive oil over high heat. Fry the chicken to brown evenly on each side, rolling them often after 2 minutes. Lower the heat to medium-low and cover pan.
4. Cook till juice come out. Monitor carefully.
5. Let cool before removing string. Cut each chicken and serve on platter

NOTE: You may find another combination that includes pears and dates...