



Chicken with ham, spinach & pine nuts

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken breast skinless
- ☐ 300 g pkt spinach washed
- ☐ 3 tbsp pinenuts toasted
- ☐ 2 tbsp raisins chopped
- ☐ 1 pinch five spice powder chinese
- ☐ 75 g butter
- ☐ 8 slices pancetta thin
- ☐ 2 tbsp olive oil

- ☐ 3 shallots finely chopped
- ☐ 150 ml wine dry white
- ☐ 0.5 juice of lemon
- ☐ 200 g crème fraîche
- ☐ 1 handful chives

Equipment

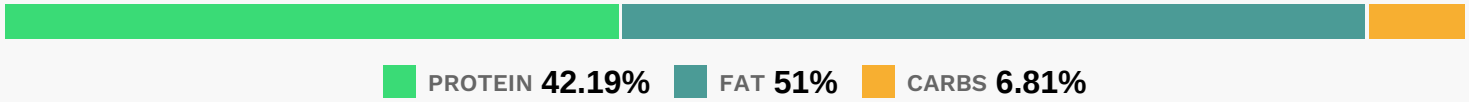
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ rolling pin
- ☐ colander
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Split each chicken breast almost in half and open out like a book. Put each piece of chicken between 2 sheets of cling film and, using a rolling pin, bat out to flatten. Season the chicken all over.
- ☐ Put the spinach in a colander and pour over boiling water from the kettle to wilt the leaves. Press out as much water as possible, then tip into a bowl.
- ☐ Add the pine nuts, raisins and spice, season, and mix well to combine. Melt half the butter and add to the bowl.
- ☐ Place a slice of ham or prosciutto over each chicken breast and spread with a thin layer of spinach mixture.
- ☐ Roll up and secure with cocktail sticks or string.
- ☐ Heat a knob more of butter and the oil in a pan. Fry the chicken rolls until browned, then remove to a roasting tin and roast for 10–15 mins until cooked through.
- ☐ Add the shallots to the pan with the remaining butter and cook gently until softened but not browned.

- ☐
- Add the wine and lemon juice, bring to the boil, then simmer until reduced by half.
- ☐
- Stir in the crme frache and simmer for 1–2 mins until thickened. Snip the chives into the sauce and stir lightly.
- ☐
- Remove cocktail sticks or string, then slice the chicken and place on warmed plates. Spoon the sauce around and serve with the tians and potatoes.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:35.594347881234%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 506.95kcal (25.35%), Fat: 27.75g (42.69%), Saturated Fat: 10.39g (64.94%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 6.79g (2.47%), Sugar: 2.13g (2.36%), Cholesterol: 184.83mg (61.61%), Sodium: 416.1mg (18.09%), Alcohol: 1.96g (100%), Alcohol %: 0.71% (100%), Protein: 51.65g (103.3%), Vitamin K: 187.95µg (179%), Vitamin B3: 24.45mg (122.23%), Selenium: 75.51µg (107.88%), Vitamin B6: 1.85mg (92.62%), Vitamin A: 4000.89IU (80.02%), Phosphorus: 560.16mg (56.02%), Manganese: 0.77mg (38.43%), Vitamin B5: 3.44mg (34.38%), Potassium: 1198.18mg (34.23%), Magnesium: 106.98mg (26.74%), Folate: 89.25µg (22.31%), Vitamin B2: 0.37mg (21.75%), Vitamin C: 15.5mg (18.79%), Vitamin E: 2.4mg (15.99%), Vitamin B1: 0.23mg (15.14%), Iron: 2.45mg (13.6%), Zinc: 2.01mg (13.43%), Copper: 0.19mg (9.48%), Vitamin B12: 0.56µg (9.34%), Calcium: 84.57mg (8.46%), Fiber: 1.56g (6.22%), Vitamin D: 0.26µg (1.72%)