



## Prosciutto-wrapped chicken & leek terrine



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 leek sliced
- ☐ 4 tbsp olive oil for greasing
- ☐ 400 g mushrooms wild mixed cleaned sliced
- ☐ 2 garlic clove whole
- ☐ 9 servings thyme sprigs
- ☐ 4 gelatin powder
- ☐ 300 ml chicken stock see (see Know-how, below)
- ☐ 10 slices pancetta

- ☐ 800 g meat from a rotisserie chicken skinless cooked (see Know-how, below)
- ☐ 2 handfuls flat parsley chopped
- ☐ 1 small the salad
- ☐ 8 servings pears (see recipe, below)

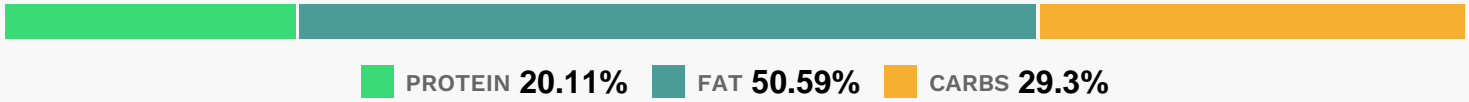
## Equipment

## Directions

- ☐ Gently cook the leeks for 15 mins in 2 tbsp olive oil until soft, then set aside to cool. In the remaining oil, fry the mushrooms with the garlic and thyme for 2 mins, then set aside to cool. Soak the gelatine in cold water, then heat the stock. Dissolve the gelatine in the stock, season, then set aside. Gather all the ingredients so you have them to hand when you start to assemble the terrine.
- ☐ Line a terrine dish or loaf tin with cling flim. Line with slices of prosciutto so that they overlap to cover the base and sides, and overhang the edges.
- ☐ Wet the bottom of the dish with a drizzle of stock. Arrange a single layer of chicken so that everything is even dont worry about any gaps then pour over a little more stock.
- ☐ Scatter over a layer of mushrooms (discarding the garlic and thyme). Season with salt and pepper, then moisten again with a little more stock.
- ☐ Add more chicken followed by a layer of leeks, another layer of chicken, then the herbs.
- ☐ Drizzle stock between every layer and season with salt and pepper as you go. Repeat until all the ingredients are used up or the terrine is full to the brim. Finish with a final scattering of herbs, a last ladleful of stock, then tap the dish down a few times so that the stock gets into all the gaps.
- ☐ Fold the prosciutto over to encase the terrine. Fold the cling film over and press down gently. Sit the terrine in a dish to catch any juices.
- ☐ Lay a tray on top, weigh it down with a can and chill overnight. Twenty mins before serving, remove the tray.
- ☐ Put the terrine in the freezer to firm. Just before serving, lift it out of the dish. Wrap it tightly in more cling film.
- ☐ Carefully slice the terrine, still wrapped in its cling film.

- ☐
- Remove the cling film and place a slice in the centre of each plate. Arrange chunks of spiced pear (recipe below) around terrine.
- ☐
- Drizzle a little chicken poaching liquid around the plate, then drizzle with a tiny bit of oil. Neatly scatter a few baby salad leaves over the pear, then season the terrine with some sea salt and pepper before serving.

## Nutrition Facts



## Properties

Glycemic Index:25.97, Glycemic Load:9.64, Inflammation Score:-9, Nutrition Score:20.009130457173%

## Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 469.35kcal (23.47%), Fat: 27.05g (41.62%), Saturated Fat: 6.81g (42.59%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 28.59g (10.4%), Sugar: 19.53g (21.7%), Cholesterol: 82.74mg (27.58%), Sodium: 205.6mg (8.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Vitamin B3: 10.09mg (50.47%), Vitamin K: 50.42µg (48.02%), Selenium: 22.81µg (32.59%), Vitamin B6: 0.62mg (30.89%), Fiber: 6.65g (26.61%), Phosphorus: 253.33mg (25.33%), Vitamin B2: 0.43mg (25.07%), Vitamin C: 18.6mg (22.54%), Copper: 0.44mg (22.11%), Vitamin A: 1067.33IU (21.35%), Potassium: 696.17mg (19.89%), Vitamin B5: 1.87mg (18.71%), Manganese: 0.37mg (18.58%), Iron: 2.82mg (15.67%), Folate: 58.75µg (14.69%), Magnesium: 53.91mg (13.48%), Zinc: 2mg (13.34%), Vitamin E: 1.98mg (13.23%), Vitamin B1: 0.19mg (12.74%), Vitamin B12: 0.38µg (6.33%), Calcium: 62.99mg (6.3%), Vitamin D: 0.34µg (2.27%)