



Turkey-Pancetta Roulade Sandwiches

READY IN



120 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ciabatta rolls split
- ☐ 2 teaspoons fennel seeds chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 2 ounces pancetta thin

- ☐ 8 servings pepper freshly ground
- ☐ 0.3 pound sharp provolone thinly sliced
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 shallots finely chopped
- ☐ 2 pounds skin-on boneless

Equipment

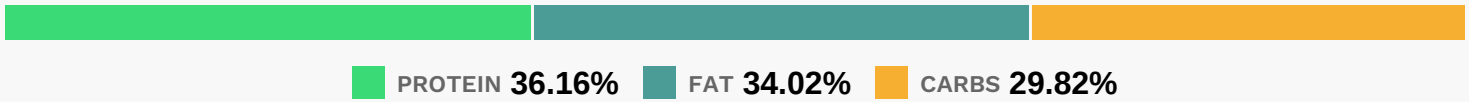
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat 2 tablespoons olive oil in a large skillet over medium-high heat.
- ☐ Add the shallot, garlic and fennel seeds and cook until the shallot is slightly soft, 2 minutes. Stir in the rosemary, thyme, red pepper flakes and 1/4 teaspoon salt and cook 1 more minute.
- ☐ Remove from the heat and let cool slightly.
- ☐ Lay the turkey, skin-side down, on a cutting board. Cover with a sheet of plastic wrap and pound lightly with a meat mallet until it's about 8 by 12 inches and 1/4 inch thick.
- ☐ Remove the plastic wrap and season with 1/4 teaspoon each salt and pepper.
- ☐ Cut four 12-inch pieces of kitchen twine.
- ☐ Spread the garlic mixture evenly over the turkey. Arrange the pancetta on top in an even layer, then sprinkle with the parsley. Starting from a long side, roll up the breast and tie gently with the twine.

- ☐ Brush with the remaining 1 tablespoon olive oil and season with salt and pepper.
- ☐ Put the stuffed turkey breast on a rack in a roasting pan and pour 1 cup water into the pan. Roast until the skin is golden, about 40 minutes. Increase the oven temperature to 425 degrees F and roast until the skin is crisp and a thermometer inserted into the thickest part of the turkey registers 155 degrees F to 160 degrees F, about 10 more minutes.
- ☐ Drizzle the cut sides of the rolls with olive oil. Sandwich the provolone and turkey in the rolls and drizzle the meat with any pan drippings.
- ☐ Stand the corn upright in a large bowl when slicing off the kernels so they don't scatter all over the counter.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:14.319999969524%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 375.2kcal (18.76%), Fat: 14.22g (21.87%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 26.98g (9.81%), Sugar: 0.41g (0.45%), Cholesterol: 75.69mg (25.23%), Sodium: 854.5mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34g (68%), Vitamin B3: 11.63mg (58.16%), Vitamin B6: 0.94mg (46.93%), Selenium: 29.44µg (42.05%), Phosphorus: 355.36mg (35.54%), Vitamin K: 20.15µg (19.19%), Vitamin B12: 0.96µg (15.95%), Zinc: 2.08mg (13.86%), Calcium: 135.82mg (13.58%), Vitamin B2: 0.22mg (13.07%), Vitamin B5: 1.01mg (10.08%), Potassium: 341.22mg (9.75%), Magnesium: 37.21mg (9.3%), Vitamin E: 0.92mg (6.14%), Iron: 1.02mg (5.68%), Vitamin A: 266.5IU (5.33%), Manganese: 0.09mg (4.55%), Vitamin B1: 0.07mg (4.47%), Fiber: 1.06g (4.22%), Copper: 0.08mg (4.1%), Folate: 12.13µg (3.03%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.21µg (1.42%)