

REV90 CHICKEN & SPINACH ROLL-UPS



SAVEUR PRODUCT USED

PASTA SPICE, CALIFORNIA ONION MIX

SUBSTITUTIONS

Eggplant can be used in place of chicken as a vegetarian option.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

6 boneless, skinless chicken thighs
(1 lb./500g)

2 cups baby spinach

1 bunch asparagus, cut in half

2 tbsp. *Saveur California Onion Mix*

PREPARATION INGREDIENTS

14 oz. (400g) can diced tomatoes

¼ cup cottage cheese (only if in maintenance)

2 tsp. *Saveur Pasta Spice*

Salad or zoodles

METHOD

Place chicken thighs between cling wrap and pound until approx. ½" thick (5mm). Leave bottom layer of cling wrap on thigh. Sprinkle both sides with California Onion Mix. Top flattened chicken with spinach, covering ¾'s of chicken. Add asparagus to middle of chicken. Roll chicken in cling wrap. Continue flattening and filling the remaining chicken thighs.

Place all bags into large zip top bag, date, label and freeze until ready to use.

COOKING INSTRUCTIONS

Allow chicken to thaw overnight in the fridge, using the safe thaw instructions. Remove cling wrap and place rolled chicken into baking dish. Mix diced tomatoes with Pasta Spice and pour on top of chicken. Top with cottage cheese.

Place in medium heated oven 350°F (180°C) for 30-35 minutes. Ensure chicken is cooked, as temperatures can vary in ovens. Serve with salad or zoodles.

