



CRANBERRY AND CREAM CHEESE ROULADES

with Roasted Potatoes and Broccoli



HELLO ROULADE

A dish cooked in the form of a roll



Chicken Breast



Mini Yukon Potatoes



Broccoli, rosettes



Cream Cheese



Dried Cranberries



Butcher's Twine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 631

BUST OUT

- 2 Baking Sheets
- Salt and Pepper
- Large Pan
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breast 1 pkg (340 g) | 2 pkg (680 g)
- Mini Yukon Potatoes 1 pkg (340 g) | 2 pkg (680 g)
- Broccoli, rosettes 1 pkg (227 g) | 2 pkg (454 g)
- Cream Cheese 2 4 pkg (4 tbsps) | 8 pkg (8 tbsps)
- Dried Cranberries 1 pkg (28 g) | 2 pkg (56 g)
- Butcher's Twine 1 roll | 2 roll

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to roast the veggies and roulades). Start prepping when the oven comes up to temperature!

BBQ TIP: Instead of pan-frying, grill roulades over medium heat, turning every 2 min, until cooked through, 14-16 min.



1 ROAST POTATOES

Wash and dry all produce. Cut the **potatoes** into ½-inch cubes. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 ROLL CHICKEN

Cut the **twine** into 6 equal pieces (12 pieces for 4 people). Spread the **cream cheese** over the **chicken**. Sprinkle over with the **cranberries**. Tightly roll up the chicken. Tie 3 pieces of twine tightly around each roulade.



2 ROAST BROCCOLI

Meanwhile, finely chop the **cranberries**. Toss the **broccoli** on another baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 18-20 min.



5 COOK ROULADES

Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **roulades**. Cook until golden-brown, 1-2 min per side. Transfer to the baking sheet with **broccoli**. Roast in the oven until the chicken is cooked through, 6-8 min. (**TIP:** Cook to a minimum internal temperature of 175°F.)



3 BUTTERFLY CHICKEN

Meanwhile, carefully slice into the centre of each **chicken breast** – parallel to the cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book.



6 FINISH AND SERVE

Slice the **roulades** into ½-inch rounds. Divide the **roasted potatoes**, **roasted broccoli** and the **chicken** between plates.

OH CANADA!

Cranberries are native to Canada's Atlantic provinces.