

Maple Glazed Chicken Rolls

By: Blend Of Spice
Makes 8 Chicken Rolls

Ingredients:

Marinade:

8 thin chicken breast filets
Salt/pepper
2 tbsp Worcestershire sauce
1 tsp hot sauce
1 tsp steak sauce

Veggies:

1 carrot (julienne)
1/2 zucchini (julienne)
5 green onions (julienne)
1/2 bell pepper (julienne)
2 cloves garlic (minced)
1 tsp Italian seasoning
Pinch of red pepper flakes
Salt/pepper (to taste)

Glaze:

2 tbsp butter
1 small shallot (minced)
1/4 cup Sparkling red grape juice
1 tbsp maple syrup
1/4 cup chicken broth
1 to 2 tbsp steak sauce
Red pepper flakes (optional)

Method:

- Marinate the chicken in the marinade ingredients and set aside for AT LEAST 30 minutes.
 - Meanwhile chop up all your veggies and set aside.
 - Now in a sauté pan add your butter and chopped shallots and let them cook until the shallots are translucent.
 - Now add the rest of the ingredients and mix.
 - Reduce until a thick glazed sauce is formed.
 - Remove from pan, into a bowl and set aside.
 - In the same pan add a little olive oil and your garlic from the veggies and sauté until the garlic is fragrant.
 - Add all the veggies and spices and sauté on high just to get the veggies slightly tender. (About 5 mins)
 - Pull the veggies out in a bowl and you're ready to assemble.
 - Lay a chicken filet flat on a cutting board, add some of your veggies to one end and roll up the chicken to make a bundle.
 - Once you make all of them, add them to the same pan (flap side down).
 - Add some of the glaze to the chicken and cook through until chicken is fully cooked.
 - Serve with extra glaze garnishing with chopped green onions.
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