

Chicken roulade, prosciutto and asparagus, cream and orzo sauce with lemon zest |

Recipe for 4 servings

Description

A quick and tasty dish, chicken cutlet and prosciutto on asparagus and cooked in a cream sauce. Accompanied by a lemon and parsley orzo.

Note

Be sure to use chicken breasts weighing around 200 grams to make this recipe.

Ingredients

Chicken

- 450 Gr Chicken breast
- 4 Slice(s) Prosciutto
- 12 Unit(s) Green asparagus
- 50 Gr French shallot
- 100 Ml White wine
- 200 Ml Cream 35%

Orzo

- 150 Gr Orzo
- 1 Unit(s) Lemon
- 4 Sprig(s) Parsley
- 4 Piece(s) Sundried tomatoes
- 1 Unit(s) Green onion
- 1 Tbsp Dijon mustard

Preparation

- Preparation time **30 mins**

Set up

Prepare the asparagus by removing the fibrous part.

Cut the chicken breasts in half crosswise to obtain 4 pieces, then scale them with a rolling pin.

Finely chop the shallot.

Zest and squeeze the lemon.

Finely dice the tomato.

Chop the parsley and finely chop the green onion.

Chicken

Place the slices of prociutto on your work surface.

Place a chicken cutlet on each slice of prociutto, then add the asparagus and roll up.

Fry the roulades in a sauté pan with a drizzle of olive oil, then add the chopped shallot and white wine.

Once the smell of alcohol has evaporated, add the cream and cook, covered, for 15 minutes. The meat should reach 72°C.

Orzo

In a bowl, mix the lemon juice and Dijon mustard with a drizzle of olive oil.
Add the remaining ingredients and season with salt and pepper.

On the plate

Arrange the lemon orzo salad attractively on your plates, then place the chicken roulades on top.
Finish with the cream sauce.

Bon appétit!