



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 45 mins

Serves: 1 main, 2 entree

INGREDIENTS

- 4 chicken thighs
- 1 zucchini
- 1 red capsicum
- 4 spring onions
- 1 tsp garlic, crushed
- 1 tsp ginger, grated
- 1 tsp smoked paprika
- 1 tsp salt
- pepper to taste
- 1/4 cup olive oil



METHOD

- Preset oven to 170°C
- Flatten chicken pieces by hammering, or cutting half way through thicker parts and flattening.
- In a bowl, combine oil, paprika, garlic, ginger, salt and pepper.
- Place chicken into oil mixture and stir to coat. Leave while preparing vegetables.
- Slice zucchini, spring onions and capsicum into long thin strips (8cms x 1cm).
- Cut twine into lengths about 30cms.
- Flatten chicken, place vegetable strips across the middle and roll up.
- Secure with twine.
- Lay chicken bundles in baking dish, close together, and bake for 45 minutes, or until golden brown.
- Remove from oven, cut and remove twine and serve hot or cold.