



CHICKEN MUSTARD ROLLUPS

ALLERGIES:

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

Prep time: 15 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 1 tsp smoked paprika
- 4 chicken breasts
- 3-4 tbsp mayonnaise
- 1½ tbsp wholegrain mustard
- 2 cups grated vegan mozzarella
- 3 tsp crushed garlic
- 1-2 tbsp chopped parsley

METHOD

- Preheat oven to 365°C.
- Cut each chicken breast horizontally in halves.
- Lay each piece of chicken out and sprinkle with salt, black pepper and smoked paprika, and then gently hammer each piece.
- Combine mayonnaise and mustard and spread half mixture onto chicken pieces.
- Combine cheese, garlic and parsley and spoon onto chicken, roll up and lay in a single layer in a baking dish.
- Spread the remaining half of mayonnaise mixture onto each rollup.
- Bake in preheated oven for 30 minutes, serve.