

## Chicken Roulade with Couscous and Port Glaze

Makes six small serves or 3 larger serves

### Ingredients:

3 x small chicken breast

### Couscous

1x cup couscous  
1 1/2 cups boiling water  
2 teaspoon olive oil  
1 x table spoon olive oil  
1x glove garlic chopped  
1x small brown onion diced  
1x orange zest grated and juiced  
8 fresh dates chopped  
1x medium capsicum dices  
10 Leaves basil chopped  
2/3 cup moscato  
1 x table spoon butter  
Pinch of salt and pepper

### Creamy date mixture

180g Cream cheese diced  
5 fresh dates chopped  
Zest of half orange  
1/4 cup moscato

### Glaze

1/2 cup orange juice  
2 table spoon brown sugar  
1 table port  
1/2 teaspoon butter



### Method:

#### Creamy Dates

- Soften the cream cheese in the microwave. Place the remaining ingredients into a small pot and bring to a simmer while stirring, this will break down dates and become a paste remove from the heat and fold the date mixture in to the cream cheese and set aside to cool.

#### Glaze

- Place the orange juice and sugar into a small pot, bring to a boil and simmer for 5 minutes. Add the port and simmer for another 2 minutes remove from the heat, add the butter and stir in.

#### Couscous

- place the couscous in a bowl, stir in the 2tsp of olive and add the boiling water, give a stir through cover with clingwrap and set aside for 5 min. Give the couscous a stir recover with clingwrap and set aside.

In a fry pan lightly brown the onions, garlic with the remaining olive oil. Add the dates, capsicum, 1/2 of the orange zest, basil and lightly cook. Add the couscous, moscato, salt, pepper and butter. Give this a good stir to combined all ingredients. Best served straight to the plate.

#### Chicken Roulade

- Lay the breast on your board and slice horizontally 5mm slices, as you would if you where making schnitzel, use a mallet to flatten the slices if you need to. You should get 2 good slices from a small breast. Lay the slices out on your bench and put a line of creamy date mixture down the centre of the chicken. Roll the chicken over the date mixture away from tucking the chicken under the date mix tightly to hold it in and finish rolling the chicken. Repeat this with all of your chicken.
- Lightly fry the chicken roulades in a frypan with olive oil regularly turning to evenly cook.
- Once cooked serve over couscous with port wine glaze.