



Cooking Made Easy

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## Goat Cheese-Stuffed Chicken Roulades

### with Kale & Couscous Salad



Tangy goat cheese and sweet sun-dried tomatoes make for a delicious, melty filling in this chicken roulade. If you've never "massaged" kale before, you're in for a surprise! It may sound strange, but a quick massage transforms raw kale into a tender, yet hearty green that's perfect for salads.



40 min



level 2



Chicken Breast



Couscous



Sun-Dried Tomatoes



Tuscan Kale



Golden Raisins



Stock Concentrate



Sliced Almonds



Goat Cheese



White Wine Vinegar

| Ingredients        | 2 People | 4 People  |
|--------------------|----------|-----------|
| Chicken Breast     | 2        | 4         |
| Couscous           | 1) ¾ C   | 1 ½ C     |
| Goat Cheese        | 2) 2 oz  | 4 oz      |
| Sliced Almonds     | 3) 1 oz  | 2 oz      |
| Stock Concentrate  | 1        | 2         |
| Sun-Dried Tomatoes | 1 ½ oz   | 3 oz      |
| White Wine Vinegar | 1 T      | 2 T       |
| Tuscan Kale        | 1 bunch  | 2 bunches |
| Golden Raisins     | 1 oz     | 2 oz      |
| Olive Oil*         | 2 T      | 4 T       |

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk
- 3) Nuts

### Tools

Small Bowl, Toothpicks, Mallet, Saran Wrap, Baking Sheet, Large Bowl, Small Pot

Ruler

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**Nutrition per person** Calories: 916 cal | Carbs: 97 g | Fat: 33 g | Protein: 63 g | Fiber: 10 g



**1** Preheat oven to 375 degrees. Finely chop the **sun-dried tomatoes** and add to a small bowl with the **goat cheese**. Season with **salt** and **pepper** and set aside to allow the goat cheese to soften.



**2** Butterfly the **chicken breasts**: with your non-dominant hand on top of the breast, carefully slice the breast in half *almost*, parallel to your hand. Stop before cutting all the way through. Then, open it up like a book and season with **salt** and **pepper**. Cover with a large piece of saran wrap or place in a zip-top bag. Pound each butterflied chicken breast with a mallet or heavy-bottomed pan, until approximately ½-inch thick.

**3** Mash the **softened goat cheese mixture** with a fork to combine, then spread evenly on each **chicken breast**. Fold over or roll up each chicken breast and place on a lightly oiled baking sheet. If rolling, secure the rollups with three toothpicks each. **HINT:** If you don't have toothpicks, be sure to place the chicken rollups seam side-down! Place the baking sheet in the oven and roast the chicken for 15-20 minutes, until cooked through.



**4** Bring 1 cup **water** to a boil with the **stock concentrate** in a small pot. Add the **couscous**, cover, then remove from heat and set aside for 5 minutes.



**5** Meanwhile, remove and discard the ribs and stems from the **kale**, then thinly slice the leaves into ribbons. Place in a large bowl and toss with 1 tablespoon **white wine vinegar**, 1 tablespoon **olive oil**, and a large pinch of **salt** and **pepper**. Massage the kale with your hands for 1-2 minutes, until slightly softened.

**6** Fluff the **cooked couscous** with a fork and transfer to the bowl with the **kale**. Stir in the **golden raisins**, **almonds**, and 1 tablespoon **olive oil**. Season with **salt** and **pepper**.

**7** Remove the toothpicks from **chicken**, then slice into rounds. Serve atop **couscous salad** and enjoy!