

Meat roulade

Total time **100 mins** 100 mins preparation time

Nutritional facts (per portion):
7,536 kJ / 1,800 kcal

Fat: **100 g** Protein: **237 g**
Carbohydrates: **5.7 g**

INGREDIENTS

8 portion(s)

740 g	chicken breast fillet
4.5 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
0.25 tsp	granulated garlic
0.25 tsp	of sweet pepper
4	eggs
50 g	of fresh spinach
120 g	of smoked bacon in slices

PREPARATION

Step 1

Cut the chicken fillets lengthwise, put them into a glass bowl, add the soy sauce, granulated garlic, paprika and mix it gently. Put it in the fridge for min. 1 hour.

Step 2

In the meantime, hard-boil the eggs. After cooking them, cool and peel off the shells.

Step 3

Line a rectangular form with dimensions of 27x8 cm with baking paper and arrange the ingredients of the roulade in it: chicken breast, eggs, spinach leaves and slices of smoked bacon.

Step 4

Bake in an oven preheated to 180 degrees for about 30-40 minutes (until it gets golden brown).