

Chicken asparagus bundles with garlic sauce

Ingredients

- 1 tablespoon mustard
- 1 teaspoon Italian seasoning
- ½ lemon, zested and juiced
- 2 chicken breast halves
- 2 thin cheese slices, provolone or part-skim mozzarella
- 8 asparagus, trimmed
- 1 tablespoon olive oil
- 1 tablespoon butter
- 3 cloves garlic, minced
- ½ cup white wine or chicken stock
- ½ cup chicken stock
- Parsley sprigs to garnish, optional



Nutritional information

Servings: 2

Cost: \$ 12.55 total / \$6.28 per serving

Calories: 487 per serving

Directions

- In a small bowl, combine mustard, Italian seasoning, lemon zest and lemon juice in a small bowl.
- Pound each piece of chicken between two pieces of parchment until ¼-inch thick.
- Lay cheese slice on each chicken breast, add 4 asparagus spears and roll tightly, securing with toothpicks or twine.
- Heat a pan over medium-high heat, then add oil. Place chicken rolls seam-side down in hot oil to brown lightly on all sides.
- Place browned chicken rolls in parchment-lined baking dish, brush with mustard mixture.
- Place baking dish in oven preheated to 425 degrees, bake 8-10 minutes or until fully cooked (165 degrees).
- Add butter and garlic to browning pan on medium heat, adding wine once butter melts. Continue cooking until the liquid is reduced by half to deglaze pan.
- Add chicken stock, bring to a boil then remove from heat and season sauce to taste,
- Place chicken rolls on plates, add sauce and garnish with parsley, if desired.