

STEAK OR CHICKEN ROULADE WITH WILD RICE FILLING RECIPE. SERVED WITH POTATO AND VEGETABLES

Serves: 1

INGREDIENTS

- 1 medium sized potato and 1 large carrot
- 1 sirloin steak or 1 chicken breast (For a vegetarian option use thinly sliced aubergine or red cabbage leaves)
- 2 tablespoons of rice filling (**This will already be prepared in school you don't need to bring it**)
- Rice filling for 4 steaks: 1 onion, 1 stick celery, 1 clove garlic, ½ tsp sage, ½ tsp thyme, 1 tsp parsley, 50g Arborio rice, 1 vegetable stock cube

Also bring apron, tea towel and a plate to serve your food on.



METHOD

1. To make the filling: Peel and finely dice the onion and garlic. Wash and finely dice the celery. Sauté until tender, about 8 minutes.
2. Add the herbs and sauté a few minutes more.
3. Add the rice, salt, pepper and 500ml water and the stock cube. Bring to a boil, cover, lower to a simmer and cook according to the package instructions. When rice is tender and liquid absorbed, turn heat off. Let sit covered for 10 minutes (longer is fine, too.)
4. Cut potato into 8 pieces and place in boiling water. Cut carrots 5 into obliques. Add to potatoes in cooking water.
5. Place the meat on a red chopping board. Cover with a triple layer of cling film. Pound, push and pull the meat to tenderise and flatten it.
6. Preheat oven to 180°C/ Gas mark 6.
7. Uncover the meat. Spoon the rice filling over the meat. Roll the meat and tie string around the roll in 2 places.
8. Caramelise the meat by dry frying in a hot frying pan. Place in a roasting tin. Roast uncovered, for 15 minutes.
9. CLEAN AS YOU GO.
10. Drain potatoes and carrots, mash potatoes and shape into a quenelle.
11. Remove meat from the oven, put on a green chopping cutting board. Remove string and cut 3 slices. To serve, arrange the meat slices and potato on a plate, add the carrots. Drizzle with a brown sauce.

Safety Points

Photo