

## **CHICKEN ROLL-UPS WITH ASPARAGUS**

*(inspired by The Defined Dish)*

makes 4 roll-ups, recipe can be doubled

2 chicken breasts, sliced in half lengthwise and pounded thin

4 slices prosciutto

2 tablespoons Dijon mustard

½ teaspoon kosher salt

½ teaspoon freshly ground black pepper

1 bunch asparagus, trimmed to fit the size of the roll-ups

4 fresh sage leaves

¼ cup all-purpose flour

¼ cup grapeseed oil + 1 tablespoon

1 shallot, minced

1 carrot, very finely diced

½ cup chicken broth

¼ cup dry white wine

juice of half a lemon

On a cutting board, arrange the prosciutto slices next to one another and layer one chicken cutlet on top of each slice. Spread a thin layer of the mustard on the top of each cutlet. Lightly season with salt and pepper. Lay 3 stalks of asparagus at the bottom, perpendicular to the cutlet. Use the prosciutto to gently roll the chicken and asparagus into little bundles, flipping the rolls over so the seam side faces up. Place a sage leaf on top of the seam and thread a toothpick through it to fasten the chicken roll together and secure the sage leaf on top. Pour the flour onto a large plate. Gently roll each bundle to coat lightly, shaking off the excess.

In an oven-safe skillet over medium-high heat, heat ¼ cup of the olive oil. Place the roll-ups in the skillet sage-side down and cook until golden brown and crispy, 3 to 4 minutes. Flip the bundles over and crisp the other side, cooking for an additional 3 to 4 minutes. Transfer the browned roll-ups to a plate. Wipe the skillet dry and heat the remaining 1 tablespoon of olive oil over medium heat. Add the shallot and carrot pieces and cook until fragrant. Add the chicken broth, white wine, and lemon juice and bring the mixture to a simmer. Nestle the bundles into the sauce, sage-side up, then transfer the pan to the oven, uncovered. Bake until the chicken is cooked through and the asparagus is tender, 10 to 12 minutes. To serve, remove the toothpicks and spoon the pan sauce over the roll-ups.