

PALEO / NICK



Paleo Chicken and Shrimp Rolls

Ingredient List:

- 2 Boneless, Skinless Chicken Breasts, trimmed
- 8 Wild Shrimp, 16/20 size or larger, peeled, deveined and slit on belly
- 8 Spears Asparagus, trimmed where woody and blanched
- 2 Red Bell Peppers, roasted, skinned and seeded
- Kosher Salt
- Black Pepper
- Olive Oil

Preparation Instructions:

1. Bring 5 quarts of water to a simmer in an 8 quart stock pot. While water is heating, prepare chicken rolls as follows.
2. Place chicken breasts, skin side up, between two pieces of plastic wrap and pound with a meat tenderizer until you achieve a uniform 3/8" thickness and rectangular shape.
3. Remove top layer of plastic wrap and flip breasts over so that the skin side is now down.
4. Lay one roasted pepper across half of the chicken in a single layer to form a pocket for the shrimp and asparagus.
5. Lay the shrimp across the bell peppers, two on the left and two on the right so that the tails touch in the center.
6. Place asparagus spears over shrimp and use the plastic wrap to help you fold the chicken over the stuffing and wrap into a nice package.
7. Repeat steps 3-5 for other breast.
8. Lay out another sheet of plastic wrap and season it lightly in the center with olive oil, salt and pepper.
9. Place the chicken breast, seam side down, over the seasoned plastic wrap.
10. Season the top of the breast with salt and pepper and fold the plastic wrap up and over the breast to enclose it.
11. You will now roll the package up like a Tootsie-Roll by holding one of the open ends of the plastic wrap in your hand while pushing the breast bundle forward over and over until the package becomes tight on the side that you are holding.
12. Tie the end you are holding into a knot as close to the roll as possible, cut away the tail of excess plastic wrap that is outside of the knot.
13. Turn breast around and repeat the rolling process on the other side. Tie in a knot once again and cut excess plastic wrap.
14. Place rolled breast over a piece of aluminum foil. Repeat Tootsie-Roll process with foil.
15. Once both breasts are enveloped in plastic wrap and foil, set them gently in the pot of simmering water.
16. Cook at a light simmer for 20-25 minutes or until they reach an internal temperature of 165°F.
17. Remove rolls from the water and drain as much excess water as possible. Allow to rest for 5 minutes at this point.
18. Carefully un-wrap rolls from foil. Then, place the rolls on a plate and gently cut open the plastic wrap. The plate will catch all contained juices, which are like gold and good for adding moisture and flavor back to the chicken when plating.
19. Transfer chicken rolls to a cutting board and slice on a slight bias so they look fancy and you look like a pro.

20. Serve with your favorite Paleo side dish or eat as is.
21. I like to top mine with a light drizzle of aged balsamic, but some fresh squeezed lemon works well too. Be creative.
22. You can also leave the rolls in the plastic wrap after cooking and chill or freeze them for future use. These little packages are great burrito style as a meal “on the go.”
23. Share with your friends, smile because you learned a new technique today, and, above all,

“Keep It Paleo!”

