



## Roulade

Low salt, Gluten Free, MSG Free and delicious. Perfect for New Year Resolutions....



1 Gather your ingredients. Take your pick of Leonards Gluten Free Stuffings....



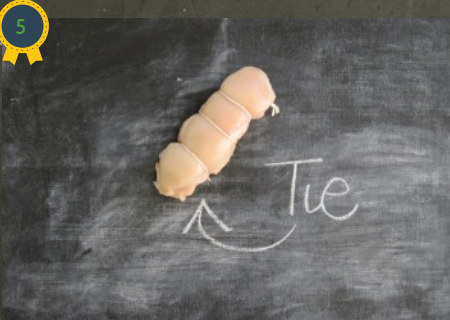
2 Add Simply Seasonings to Mince and mix. Then add Gluten Free Stuffing and water and mix thoroughly.



3 Butterfly the chicken breasts, then flatten out between two sheets of cling film



4 Add a generous layer of the sausage meat, and roll up



5 Tie and add to your counter. You could also add bacon at this point

### Ingredients

- # 15 - 20 - Chicken Breasts
- # 0.8kg - Chicken Thigh (minced)
- # 0.176kg - Gluten Free Sage & Onion Stuffing
- # 0.024kg - Simply Tinted Pork Seasoning
- # 0.200kg - water

**GLUTEN FREE**

per portion (130g)

| SERVES | ENERGY                 | FAT               | SATURATES         | SUGAR             | SALT               |
|--------|------------------------|-------------------|-------------------|-------------------|--------------------|
| 2      | 664kJ<br>159kcal<br>8% | 4.3g<br>MED<br>6% | 1.4g<br>LOW<br>7% | 1.7g<br>LOW<br>2% | 0.44g<br>MED<br>7% |

% of an adult's reference intake  
Typical values per 100g: Energy 510kJ/122kcal

Approx. values

| Typical values     | per 100 g        | per 130g serving |
|--------------------|------------------|------------------|
| Energy             | 510kJ<br>122kcal | 664kJ<br>159kcal |
| Fat                | 3.3g             | 4.3g             |
| of which saturates | 1.1g             | 1.4g             |
| Carbohydrate       | 3.0g             | 3.9g             |
| of which sugars    | 1.3g             | 1.7g             |
| Fibre              | 0.3g             | 0.4g             |
| Protein            | 20g              | 26g              |
| Salt               | 0.34g            | 0.44g            |

### Leonards Gluten Free Stuffing Mixes: **Gluten Free**

Complete mixes, delicious for everyone

- # Sage & Onion
- # Lemon, Parsley & Thyme
- # Orange & Cranberry
- # Cranberry, Apple & Chestnut
- # Whiskey & Honey

### Leonards Simply Seasonings: *Simply Seasonings*

Free from: Gluten - Egg - Dairy - Extracts - MSG

- # Simply Pork & Herb
- # Simply Honey Roast
- # Simply Tinted Pork
- # Simply Tinted Beef