

Kale and confit garlic stuffed chicken breast with grilled eggplant, slow cooked leek and brussel sprout salad

SERVES 4

Ingredient

- 800g chicken breast
- 1 bunch kale
- 2 whole heads garlic
- 600g eggplant
- 500g leek
- 200g brussels sprouts
- 20g dried cranberry
- 1 pearl onion
- ½ lemon squeezed
- 20g butter
- 40ml peanut oil
- 200ml EVOO (Extra Virgin Olive Oil)
- 2g ground nutmeg
- Salt and white pepper to season



Method

1. Wash all the vegetables.
2. Slice the eggplant lengthwise into 1.5 cm. Lay on a tray, season with salt and cover with cling film. Keep the eggplant at room temperature for at least 2 hours to release the excess water and tenderise.
3. Place the olive oil in a pot with the peeled garlic and bring to simmer. Keep on simmering for about 3 minutes or until the garlic has softened. Cover the pot and set aside.
4. Tear off the leaves from the stems of the kale and blanch in boiling water for 1 minute. Drain and cool with cold running water. Use your hands to squeeze excess water off then cut the leaves into slices.

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5. Cut the leek in half lengthwise and remove any dirt from between the layers with running water. Cut the leek in 1.5 cm slices. Melt the butter in a pot, add the leek and some salt and pepper. Cover the pot and cook slowly for about 5 minutes stirring occasionally. Leave the pot covered and set aside.



6. Drain the garlic from the oil and set the oil aside. Process the garlic in a blender. Once pureed add the kale and keep processing until the stuffing is very fine. Taste mixture and adjust with salt. Spoon the stuffing into a piping bag and set aside.

7. Divide the chicken breast in four equal portions. Using a filleting knife make a small incision into the breast and rotate the knife to create a pocket for the filling. Pipe the stuffing into the chicken and refrigerate the for at least 1 hour.

8. Cut the brussel sprouts in half lengthwise and then cut into thin slices of about 2 mm. Finely chop the pearl onion and put in a bowl together with the brussels. Chop the cranberries and them add to the bowl, then add some of the garlic infused EVOO, the lemon juice, some salt and toss all together.

9. Add half of the peanut oil into a wide pan and brown half of the eggplant draining off any excess water first. Add some pepper and half of the nutmeg. Repeat with the rest of the eggplant and drizzle with some of the garlic oil. Bake for 10-12 minutes on 125 degrees. Cover with foil and leave in the turned off oven.

10. Remove the breasts from the fridge. Add remaining garlic oil to a pan and cook chicken, browning on both sides.

11. Plate your dish as you like and enjoy 😊