

Chicken breast stuffed with applewood smoked bacon, red quinoa, mango and butter shrimps

Recipe for 4 persons

Description

Red quinoa salad full of color, well arranged on the side of the plate. Chicken breast jacketed with smoked bacon, which reveals in its center a tapenade of tomato confit. Some beautiful green leaves finish this summer visual.

Note

Quinoa salad can be served cold or warm.

Wrapped in aluminum foil, you can achieve this supreme recipe on the BBQ.

Ingredients

Quinoa Salad

- 185 Ml Red quinoa
- 585 Ml Vegetable stock
- 3 Unit(s) Tomato
- 1 Unit(s) Fresh mango
- 1 Unit(s) Green onion
- 8 Sprig(s) Chives
- 1 Unit(s) Lemon juice
- 30 Ml Olive oil
- 2 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper
- 12 Unit(s) Peeled medium shrimps

White Poultry

- 4 Unit(s) Chicken breast
- 16 Unit(s) Sundried tomatoes
- 16 Slice(s) Smoked bacon
- 4 Pinch(es) Sea salt flakes
- 4 Turn(s) White pepper

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **375 F°**

Mise en place

Boil the vegetable broth and quinoa for 10 minutes at a simmer. Turn off the heat, cover and let stand for 10 minutes. Strain the quinoa and spread it on a plate to stop the cooking. Zest the lemons and squeeze them to recover the juice. Finely chop the dried tomatoes. Finely chop the chives and green onions.

White Poultry

Make a sufficiently deep incision on the sides of chicken breasts then stuff them with dried tomatoes. On a baking sheet lined with parchment paper, lay side by side 3 or 4 slices of bacon

according to the size of the chicken breasts. Place the stuffed breasts on the bacon mat then roll them in order to wrap neatly. In a hot pan, place your chicken breast delicately lined with bacon. Once you obtain a nice color, place your supremes on a baking sheet. Continue baking for about 20-25 minutes, to avoid over coloring the bacon, place aluminum foil on poultry and finish cooking covered.

Plating

With the help of a ring mold, make a nice carpet of quinoa salad on your plate. Cut the chicken breasts in 2 to reveal the stuffing and place the chicken on top of the quinoa salad. Garnish with shrimp and young shoots.

Bon appétit!