

Chicken Bacon Roll

January 24th, 2023

This recipe serves: 4

Prep Time: 00:15

Cook Time: 01:00

Although it is difficult for me to understand, some people do not like sushi. This "Sushi Roll replacement" is made with stuffed Chicken and wrapped in bacon, for all the fun of sushi, without the raw fish. This is an easy recipe, with less than an hour of total time to table. First start with Feta Cheese and a few vegetables. Then wrap the cheese and veggies in chicken, and finally wrap the chicken in bacon and bake. The result is an easy, flavorful dish, that is fun for everyone.

Ingredients:

4 Chicken Thighs, boneless and skinless

1/2 Red Bell Pepper (Pimento)

3 Green Onions (Scallions)

4 Ounces Block Feta Cheese

2 packages Center Cut Bacon (NOT thick cut)

1 Tablespoon Gray Poupon Mustard

1/2 Teaspoon Garlic Powder

1 Pinch Salt

Directions:

Preheat the oven to 350° F.

Lay out each Chicken Thigh on a sheet of plastic wrap. Cover with another sheet of plastic wrap.

Use a meat pounder to lightly flatten each Chicken Thigh to less than 1/4 inch. DO NOT pound too hard.

Cut the Red Bell Pepper into long toothpicks.

Clean the Scallions. Remove the roots and any bad shoots.

Fit each Chicken Thigh together, into a single sheet.

Lay out a single row of Feta Cheese. near one end of the "Chicken Sheet" Ensure that the Feta is laying across all 4 Chicken Thighs.

Lay the Red Bell Peppers Toothpicks and the Scallion shoots across Chicken Sheet, next to the Feta Cheese.

Use a butter knife to spread Gray Poupon on the other end of the Chicken Sheet.

Dust lightly the entire sheet with half of the Garlic Powder.

Carefully roll the Chicken Thighs into a large roll, ensuring that the Feta and Vegetables are in the center of the roll.

Dust the Chicken Roll with the remaining Garlic Powder and a pinch of Salt.

Lay out each Bacon slice, side by side, to create a single sheet of bacon. Ensure that there is a small amount of overlap between each strip of Bacon. The Bacon sheet should be the same width as the Chicken Roll.

Carefully wrap the Bacon around the Chicken Roll: tuck one end of Bacon under the Chicken Roll. Roll the Chicken, with the Bacon on the outside until you have a Chicken Roll, wrapped in Bacon.

Set the Bacon-wrapped Chicken roll on a large oven sheet pan, Bacon seam down.

Bake at 350° F. for 40 minutes

Use a meat thermometer to ensure that the internal temperature of the roll reaches 165° F.

Set the oven on Broil.

Broil the Chicken Roll, checking at 3 minutes, then every 2 minutes thereafter.

Remove the Chicken Roll when the Bacon is crispy and golden in color.

Rest the roll for 10 minutes.

Cut the roll into slices, like a sushi roll, about 1/2 inch thick.

Serve with a side of rice.