

Chicken Prego And Potato Wedges

Servings: 4

Prep Time: 1hr

Cook Time: 10min



Ingredients

Prego rolls

- 4 chicken breasts, sliced on the slant into medallions
- 3 cloves garlic, thinly sliced
- 1 Tbs chopped rosemary
- 125 ml white wine
- 80 ml mild peri-peri sauce
- 4 Portuguese rolls, halved

Wedges and tomato

- 1 packet frozen potato wedges, (1kg)
- 1 Tbs smoked paprika, or use regular paprika
- 2 glugs olive oil
- 350 grams cocktail tomatoes, halved

Directions

1. Toss potato wedges on a baking tray with a glug of oil.
2. Roast in a preheated oven according to packet instructions.
3. Toss tomatoes with a glug of oil in an ovenproof dish and roast for 10 minutes.
4. Cover a chopping board with clingwrap and place chicken on top.
5. Cover with another sheet of clingwrap.
6. Flatten using a meat mallet or rolling pin to a ½cm thickness.
7. Heat a glug of oil in a pan and fry chicken in batches until golden, remove and set aside.
8. Add garlic and rosemary to pan and sauté for a minute.
9. Deglaze pan with wine and boil to reduce slightly.

10. Add peri-peri sauce and shake pan to mix.
11. Return chicken to pan and allow to heat through.
12. Top rolls with chicken and roasted tomatoes and drizzle over remaining sauce.
13. Serve prego rolls with potato wedges.