

Thai Summer Roll Stuffed Chicken Breasts (Grilled)

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Servings: 4

*4 (8 ounce) boneless/
skinless chicken breasts
1 pound rice vermicelli
1 tablespoon vegetable oil
1 tablespoon rice vinegar
1 teaspoon lime zest
1 teaspoon srisacha
pinch salt
juice of one lime
2 tablespoons vegetable oil
salt (to taste)
pepper (to taste)
1 carrot, cut into
matchsticks
1 red bell pepper, sliced
1 scallion, sliced*

For the filling: Cook the rice vermicelli according to package directions. Drain. Toss with one tablespoon vegetable oil and the rice vinegar, lime zest, sriacha and salt.

In a bowl, whisk the lime juice and two tablespoons of vegetable oil. Season with salt and pepper.

With your knife parallel to the cutting board, slice the chicken breasts in half horizontally without cutting all the way through. Open like a book. Cover with plastic wrap. Pound until 1/2-inch thick.

Season the chicken on both sides with salt and pepper. Brush the pounded chicken with the lime oil. Top with the noodles, matchstick carrots, 1/4 sliced red bell pepper and a sliced scallion. Roll up the chicken toward the pointy end. Tie with three pieces of kitchen twine.

Grill on oiled grates over medium heat, turning, until cooked through, 18 to 20 minutes. Brush with 1/4 cup of sweet Thai chili sauce during the last 2 minutes of grilling.

Transfer to a cutting board. Let rest for 5 minutes.

Remove the twine and slice.

Per Serving (excluding unknown items): 108 Calories; 10g Fat (82.8% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.