Chicken and Asparagus Roll with Peanut Mayonnaise

Lean chicken breast is a good source of protein and great for anyone who can only protein without excess fat. These tasty, nutritious chicken and asparagus rolls prove that a low-fat dish need not compromise on taste!

INGREDIENTS

Chicken breasts	4, about 100 g each (3$\frac{1}{2}$ oz)
Salt and black pepper	for seasoning
Powdered gelatine	4 levelled tsp
Chilli flakes	1$\frac{1}{2}$ tsp
Seaweed (*nori*)	2 sheets, cut into 4 pieces
Thai asparagus	4, trimmed and blanched
Low-fat mayonnaise	4 Tbsp
Low-cholesterol peanut butter	2 Tbsp

METHOD

- Using a sharp knife, butterfly chicken breasts to approximately 0.5-cm ($\frac{1}{4}$-in) thickness. Season with salt and pepper thoroughly, then sprinkle with gelatine and chilli flakes.

- Place a piece of seaweed on top of one breast. If seaweed overlaps, trim or fold to fit. Place a stalk of asparagus in the centre, then roll up like a spring roll. Wrap tightly with aluminium foil. Repeat step for remaining chicken breasts.

- Steam chicken rolls over high heat for about 7 minutes, or until chicken changes colour. Remove from heat, unwrap and set aside to cool.

- In a mixing bowl, combine mayonnaise and peanut butter until well mixed.

- Serve warm or cold, with peanut mayonnaise on the side.

Per serve	
Calories	235 kcal
Carbohydrate	6.4 g
Fat	11.5 g
Cholesterol	60.3 mg
Fibre	0.6 g