

Special Mother's Days Recipes

Phil Vickery who is based in the Chilterns has prepared two tasty recipes for Mother's Day which is on Sunday March 18th this year.

Phil Vickery who is based in the Chilterns has prepared two tasty recipes for Mother's Day which is on Sunday March 18th this year.

BAKED CHICKEN & ROASTED PEPPER WRAPS WITH MOZZARELLA CHEESE Mothers Day
Serves 4-6 persons Preparation time:- 30 minutes. Cooking time:- 25 minutes.

4 Original Mission Deli Wraps

1 medium courgette

250g tub ricotta cheese

1 tsp dried oregano

1 medium egg

2 tbsp Parmesan cheese

4 tbsp roughly chopped parsley

4 tbsp roughly chopped fresh basil

4 heaped tbsp dried breadcrumbs

200g shaved chicken, roughly chopped salt freshly milled black pepper 450g jar roasted, whole peppers, drained 2 x 100g balls mozzarella, sliced into 8 slices

Pre heat the oven to 200°C gas 6. Grate the courgette, then place into a large bowl. Add the ricotta cheese, oregano, 1 medium egg, Parmesan, parsley, basil, breadcrumbs and mix well. Next add the shaved chicken, and salt and pepper, again mix well. Open the peppers, so they lay flat onto the 4 wraps. Top one with a ¼ of the ricotta mixture, then fold up in the normal way. The repeat the process for the other 3. Pack into a baking dish, then lay 2 slices of cheese over each rolled wrap. Sprinkle with a little salt and pepper. Bake in the oven for 25 minutes, or until the cheese is nicely browned. Serve with boiled new potatoes and dressed green salad.

Copyright Phil Vickery February 2007