

2 Succulent Chicken Rolls



Red pepper, trimmed and cut into julienne strips	1	120 g
Green pepper, trimmed and cut into julienne strips	1	165 g
Onion, cut into julienne strips	1	150 g
Canola oil (or your choice of other)	15 ml 1 tablespoon	15 g
Rice sheets	10	90 g
Chicken breast strips, fully cooked (606-0214)	2 lbs.	900 g
Whole kernel corn, canned and drained	1 can (341 ml / 12 oz)	
Salsa		
Tomatoes, diced	1 can (540 ml / 19 oz)	
Onion, chopped	1	150 g
Garlic cloves, chopped	2	5 g
Green pepper, chopped	1	165 g
Oregano	5 ml 1 teaspoon	2 g
White vinegar	15 ml 1 tablespoon	15 g
Lemon juice	15 ml 1 tablespoon	15 g
Tabasco sauce	To taste	
Ketchup	15 ml 1 tablespoon	15 g
Cheddar cheese, grated	125 ml ½ cup	60 g

: 10
 : 10 minutes
 : none
 : no

Nutrition Facts	
For 1 roll (300 g)	
Amount	% Daily Value
Calories 260	
Fat 4 g	6%
Saturated 1.5 g + trans 0.5 g	10%
Polyunsaturated 0.5 g	
Omega-6 0.2 g	
Omega-3 0 g	
Monounsaturated 1.5 g	
Cholesterol 75 mg	25%
Sodium 690 mg	29%
Potassium 620 mg	18%
Carbohydrates 30 g	10%
Fibre 3 g	12%
Sugar 4 g	
Protein 26 g	
Vitamin A 76 RE	8%
Vitamin C 14 mg	25%
Calcium 83 mg	8%
Iron 2.2 mg	15%
Phosphorus 74.6 mg	6%

- 1 Grill peppers and onion in a skillet with a little oil on medium heat. Set aside.
- 2 Fill a shallow baking pan with hot water.
- 3 Place each rice sheet in hot water for 15 to 20 seconds then remove.

- 4 Place each rice sheet on a damp cloth that will absorb the excess water and keep the sheet sticky.
- 5 Place chicken strips on each rice sheet.
- 6 Garnish with peppers, onion and whole kernel corn.
- 7 Mix remaining ingredients to make the salsa.
- 8 Top each sheet with salsa.
- 9 Roll rice sheets and serve.

Chef's Remarks

replacement product : you may replace the chicken with our pork strips (97281). You may also replace the rice sheets with pita bread or tortillas.

Canada's Food Guide Portions

1 ¼ servings of vegetables and fruit
+ 1 ¼ servings of meat and alternatives



Olymel Product Allergens

*Contains: soy.



Food Exchange System

1 serving of starch
+ 3 servings of vegetables
+ 2 ¼ servings of meat and alternatives

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)