

Mediterranean Chicken Crepes with Roasted Tomato Sauce

Sometimes, when two worlds collide, it's a beautiful thing. While crepes are decidedly French in origin, crepes are being re-imagined in kitchens all over the world everyday. Here is my idea of fusing French crepes with Mediterranean flavours!

Ingredients:

For marinade:

1 clove garlic, minced

½ tsp dry oregano

¼ tsp Dijon mustard

1/8 c. red wine vinegar

½ tsp freshly ground sea salt

¼ tsp freshly ground black pepper

¼ c. extra virgin olive oil

For filling:

2 boneless skinless chicken breasts, cut into 2 inch pieces

1 green pepper, chopped

1 medium red onion, chopped

½ c. white mushrooms, sliced

¼ c. black olives, pitted and sliced

1 and ½ c. fresh spinach

¼ c. feta cheese

For roasted tomato sauce:

4 medium sized tomatoes

Extra virgin olive oil

Salt and pepper to taste

½ c. low sodium chicken broth

¼ tsp Dijon mustard

2 tsp butter

¼ tsp dry oregano

For crepes:

2 large eggs

½ c. plus 2 Tbsp milk

2 Tbsp plus 2 tsp melted butter

½ c. plus 2 Tbsp all purpose flour

Salt to taste

Whisk together eggs, milk and melted butter. Gradually whisk in flour – don't worry be too concerned with lumps – they'll only add texture to the end product. Season to taste with salt. Place batter in refrigerator for one hour to rest. After the one hour, heat a large non-stick skillet over medium high heat. Pour about 1/8 c. of batter into center of hot skillet, swirl pan to spread crepe batter very thinly. Allow to brown for about 3-4 minutes and then flip to brown other side. Place on heat-safe plate and keep warm in oven until ready to assemble crepes.

Whisk all ingredients for marinade together. Place cubed chicken breasts into a large zipper lock baggie. Pour in marinade, seal baggie and toss chicken to coat. Marinate in refrigerator for at least one hour. When one hour is up, place pieces of chicken onto a plate lined with paper towel and pat dry with additional paper towel – you want your chicken pieces to sear when you add them to the hot skillet as opposed to steam.

For roasted tomato sauce, preheat oven to 375 degrees Fahrenheit. Cut out stems on each tomato and place on non-stick cooking pan. Drizzle with extra virgin olive oil and massage to coat. Season lightly with freshly ground sea salt and black pepper. Roast in oven for 45 minutes. Remove from oven and let cool before removing skins with your fingers.

While tomatoes are cooling, heat large non-stick skillet over medium high heat. Add chicken pieces, being careful not to overcrowd the pan. Saute until browned on all sides and cooked through. Transfer to a plate and set aside. To skillet that you cooked chicken in, over medium heat, add ½ c. low sodium chicken broth and bring to a gentle boil. Scrape up all of the flavourful brown bits from the chicken. Whisk in ¼ tsp Dijon mustard. Add peeled tomatoes into broth mixture and break them up using a potato masher. Stir to combine. Whisk in 1 Tbsp unsalted butter, bring to a low boil, reduce heat and let simmer while preparing filling for crepes.

In another large non-stick skillet heated over medium high heat, add 1 Tbsp olive oil. Add chopped red onion, mushrooms, green pepper and sliced black olives. Saute for 5-7 minutes until onion are soft and green peppers still have a little crunch. Add cooked chicken into skillet, reduce heat to medium low. Top with 1 and ½ c. fresh spinach and let spinach gently wilt from heat from cooked vegetables. Add ¼ c. crumbled feta cheese on top.

To assemble: place one cooked crepe onto plate. Spoon on chicken and vegetable filling, top with approximately 1 Tbsp roasted tomato sauce and roll up. Spoon a little more roasted tomato sauce over rolled up crepe and crumble a little more feta cheese on top – serve.