

Serves 4 • Serving size: 1 cutlet



PREP: 10 minutes
COOK: 12 minutes

Bruschetta CHICKEN

4 chicken cutlets
½ tsp. coarse kosher salt
¼ tsp. oregano
1 garlic clove, peeled
2–3 basil leaves
½ cup grape tomatoes
¼ cup shredded mozzarella cheese

1. Flatten chicken cutlets using a mallet or pan and season one side with salt and seasoning.
2. Place garlic, basil and tomatoes in base of Chop 'N Prep Chef, cover and pull cord until finely chopped.
3. Spread tomato mixture over unseasoned side of chicken cutlets, roll each cutlet and secure with toothpicks.
4. Place chicken in base of Tupperware® Smart Multi-Cooker. Fill Water Tray to minimum fill line with 1¾ cups/400 mL water, place base over Water Tray, cover and microwave on high power 10–12 minutes or until chicken is cooked through and reaches an internal temperature of 165° F/75° C.
5. Top cutlets with mozzarella and replace cover of Smart Multi-Cooker 1–2 minutes to melt the cheese. Serve warm.

Nutritional Information (per serving):

Calories: 100 Total Fat: 2g Saturated Fat: 0g Cholesterol: 50mg Carbohydrate: 1g Sugar: 0g Fiber: 0g Protein: 17g Sodium: 390mg Vitamin A: 6% Vitamin C: 6% Calcium: 6% Iron: 2%

TO DEMO



Tupperware® Smart
Multi-Cooker

OPTIONAL



Chop 'N Prep
Chef



Measuring
Cups



Measuring
Spoons



Silicone
Spatula

date
me

Tupperware®

