



Chicken breasts stuffed with peppers and haloumi

20'
Hands on

20'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 200 g haloumi cheese
- 1 onion
- 1 green bell pepper
- 1 teaspoon(s) paprika
- 800 g chicken breast fillet
- 3 sage leaves
- 1 tablespoon(s) olive oil
- salt
- pepper

To serve

- thyme, fresh

Διατροφικός πίνακας

Nutrition information per portion

407 Calories (kcal)	17.0 Total Fat (g)	9.5 Saturated Fat (g)	5.9 Total Carbs (g)
20%	24%	48%	2%
5.0 Sugars (g)	57.0 Protein (g)	1.8 Fibre (g)	2.0 Sodium (g)
6%	114%	7%	33%

Method

- Preheat oven to 200* C (390* F) Fan.
- **Cut** the haloumi, onion and peppers into 1 cm cubes.
- Place them all in a **bow**l and add paprika, pepper and salt.
- Finely chop the sage and add it to the bowl. Mix well.
- Place the chicken fillets on a **chopping board**, slice them in half (butterfly them) and spread them open like a book.
- Add 2 tablespoons of the mixture on each fillet. Close them back up and insert toothpicks on the edges to keep them closed while roasting.
- In a large **pan**, add the olive oil and sauté the stuffed chicken for 2-3 minutes on each side, until golden.
- Line a 30x40 cm **baking pan** with parchment paper and add the chicken.
- Lower oven temperature to 180* C (350* F) Fan, and roast for 15-20 minutes.
- When ready, remove from oven, remove the toothpicks and serve.