



Greek stuffed chicken breast

20'
Hands on

25'
Cook Time

4
Portion(s)

2
Difficulty



Ingredients

- 4-5 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 tablespoon(s) thyme
- 1 teaspoon(s) chili flakes
- salt
- pepper
- 500 g spinach
- 1/2 bunch mint
- 1/2 bunch dill
- lemon zest, of 1 lemon
- 1.000 g chicken breast, skin on
- 200 g metsovone cheese

To serve

- 100 g rocket
- 10 cherry tomatoes
- 1 teaspoon(s) olive oil

Method

- Preheat oven to 190* C (370* F) Fan.
- Place a **deep pan** over high heat and add 2-3 tablespoons of olive oil.
- Coarsely **chop** the onion, finely chop the garlic and add them to the pan.
- Add the thyme, chili flakes, salt and pepper.
- Mix and add the spinach. Sauté for 10 minutes, until the spinach wilts.
- Remove from heat and add the finely chopped mint and dill.
- Cut the chicken breasts in half (not all the way), just enough to create a slit that is wide enough to create a pocket.
- To each slit, add salt, pepper and 2 tablespoons of olive oil. Spread the mixture with your hands and make sure you spread it under the skin also.
- Divide the mixture evenly among each chicken breast opening. Add some metsovone cheese and close the opening by pushing the chicken breasts together (like a sandwich).
- Transfer to a **baking pan** and roast for 25 minutes.
- When ready, remove from oven, drizzle with olive oil and serve with rocket leaves and cherry tomatoes.

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|------------------------------|---------------------------|
| 583 Calories (kcal) | 33.0 Total Fat (g) | 13.0 Saturated Fat (g) | 5.2 Total Carbs (g) |
| 29% | 47% | 65% | 2% |
| 4.2 Sugars (g) | 64.0 Protein (g) | 5.7 Fibre (g) | 3.1 Sodium (g) |
| 5% | 128% | 23% | 52% |