



# Stuffed Chicken Breast

SERVES 4

## INGREDIENTS

480g Chicken breast fillets, skin removed  
1 tbs olive oil

### Stuffing

60g frozen chopped spinach, thawed and drained  
100g low fat ricotta, drained  
1 garlic clove, crushed  
2 spring onions, finely chopped  
Salt and pepper, to season

### Salad

200g green beans, steamed  
250g cherry tomatoes (yellow or red), halved  
½ Spanish (brown) onion, thinly sliced  
1 tsp capers, rinsed and drained  
2 tbs tarragon leaves  
1 tbs sherry (or white wine) vinegar  
1 garlic clove, crushed  
1 tsp olive oil

## METHOD

1. Preheat the oven to 180°C.
2. In a medium bowl combine the ingredients for the stuffing. Season.
3. Cut a deep pocket into the thickest part of each chicken breast and fill with the ricotta stuffing. Enclose the filling using toothpicks.
4. Heat the olive oil in an ovenproof pan over medium heat. Brown the chicken on each side until well coloured, transfer to the oven and bake for 15 minutes or until cooked through.
5. To prepare the salad combine the cooled green beans, tomatoes, onion and capers in a large bowl. Add the tarragon, vinegar, garlic and oil and toss to combine. Serve with the chicken breasts.

