



RECIPE'S

REAL FARMERS, REAL BUTCHERS



Mushroom Stuffed Chicken Breast

Ingredients

- 2 x 220g Sinclair's chicken breast, skinless boneless
- 3/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp unsalted butter
- 200g mushrooms, sliced 3mm (1/8") thick (~2 heaped cups)
- 2 garlic cloves, finely minced
- 1/2 tsp thyme or basil leaves
- 2 cups baby spinach
- 80 g / 3oz mozzarella, sliced (or other melting cheese)
- 1 tbsp olive oil

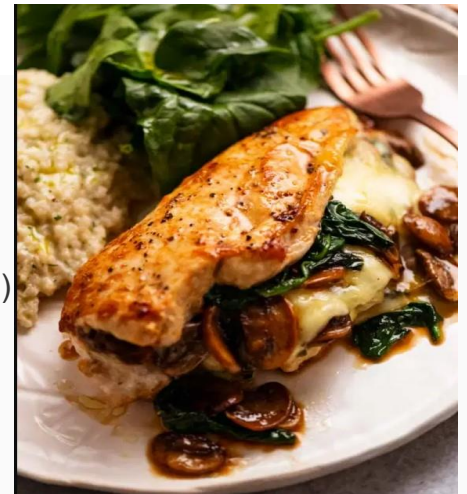


Photo Courtesy of www.recipetineats.com

Procedure

1. **Preheat oven** to 200°C/390°F (180°F fan).
2. **Cut pockets** into each chicken breast, being sure not to cut all the way through. Cut on the side with the fold in the meat, to keep the smooth side intact.
3. **Season** the inside and outside of the chicken with half the salt and pepper.
4. **Mushroom filling:** Melt butter in a heavy based oven proof skillet over high heat. Add mushrooms and cook for 3 minutes until they start to turn pretty golden. Then add garlic, thyme, remaining salt and pepper and continue cooking for a further 2 minutes until mushrooms are nice and golden.
5. **Add spinach:** Add baby spinach and stir until wilted - about 30 seconds.
6. **Stuff** mushroom mixture into the pocket of each chicken, then top with cheese.
7. **Seal** with toothpicks as best you can – it doesn't need to be fully sealed like we do with Chicken Kiev. Just mostly sealed.
8. **Sear chicken:** Give the pan a quick wipe with paper towels. Heat oil over medium high heat. Sear each side of the chicken breast for 1 1/2 minutes until golden.



9. **Bake 15 minutes:** Transfer the skillet to the oven and bake for 15 minutes, or until the internal temperature of the chicken is 65°C/149°F (chicken flesh, not the mushroom filling).
10. **Rest 5 minutes:** Remove from tray onto a plate, loosely cover with foil and rest for 5 minutes. Serve!

Recipe is courtesy of Nagi from www.recipetineats.com