Stuffed Chicken Breasts
RECIPE

Stuffed Chicken Breasts

Cooking time	30 mins
Preparation time	10 mins
Serves	4

These Stuffed Chicken Breasts are a great meal to serve at your next date night. Light candles, and layout the table cloth and reconnect over dinner.

Ingredients

- 1 packet Royco® Four Cheese Dry Sauce
- 1 Tbs oil for frying
- 1 onion, finely chopped
- 150 gr bacon, sliced
- 300 gr spinach, rinsed and dried
- 4 chicken breasts
- 1 Tbs olive oil

Vegetarian

Use the same filling to stuff hollowed red bell peppers. Just replace the bacon bits with sliced mushrooms.

Family Friendly

Get your little one to brush the chicken breasts with olive oil before cooking to perfection.

Method

1. Pre heat the oven to 180°C.
2. Make up sauce to pack instructions, using only ¾ the amount of water, and set aside.
3. Heat a large non stick pan over a medium heat. Fry the onion and bacon in a bit of oil for 5-10 minutes until browned. Add the spinach and stir-fry until wilted. Tip into a sieve to drain.
4. Make slits down the length of each chicken breast and open up.
5. Squeeze any excess moisture out of spinach mixture and stir into the Royco® Four Cheese Dry Sauce. Divide mixture between the chicken breasts and close gently; securing with a toothpick.

6. Brush with olive oil and bake in the oven for 25 minutes. Serve with crusty bread and salad.

Recipe Tags

Dry Sauces, Chicken, Light Meal, Meat and Veg

Related Recipes

Meatballs & Potato Wedges

Cooking time

30 mins

Preparation time

5 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

Cheesy Chicken Pasta Bake

Cooking time

25-30 mins

Preparation time

15 mins



Spaghetti Bolognaise

Cooking time

30 mins

Preparation time

15 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins

Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins



Chicken Sosaties

Cooking time

15 mins

Preparation time

30 mins

Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins

Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

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