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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  $\frac{3}{4}$  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 Bolognese**

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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