

## Stuffed Chicken Thighs

Serves: 1

Prep time: 5 Minutes

Cooking time: 25-30 Minutes

### Ingredients:

- 2 boneless chicken thighs
- 4-6 slices prosciutto
- fresh basil leaves
- 8 sun dried tomatoes
- 4 bocconcini, feta or goats cheese
- 6 olives, halved \*optional
- 2 wooden skewers



*So simple to make  
So delicious to eat*

### Method:

- Pound the chicken to a flat schnitzel
- Lay 2-3 slices of prosciutto out and place the schnitzel on top
- Add basil leave to the centre of chicken fillet
- Add sundries tomatoes, crumbled cheese and \*optional olives
- Roll up and secure with wooden skewers or tooth picks
  - Spray a small frypan with oil and brown the rolls evenly by continuously turning them to avoid burning. You can continue to cook on the stovetop, but be careful not to burn.

### OR

- Place them in a small ovenproof dish and bake in medium oven for 25-30 minutes, until rolls are cooked through. This depends on the size and thickness of the chicken fillet

**Serve with salad or vegetables of choice**

### Note:

**I prefer to cook in the oven as it cooks more evenly**

**Do not season, as this dish can be quite salty**