

Spinach Filled Chicken Breast

Serves: 1

Prep time: 15 Minutes

Cooking time: 15 Minutes

Ingredients:

- 1 chicken breast
- 1-2 teaspoons Italian seasoning
- pinch of paprika
- salt and pepper to taste
- 1 tablespoon oil
- 20-30g silverbeet spinach, chopped
- 1 artichoke heart, chopped ***optional**
- 125g cream cheese
- 2 tablespoons mozzarella cheese
- 1 tablespoon grated parmesan
- ¼ teaspoon minced garlic
- pinch of salt and pepper



This Ooey Gooey tasty filling is quick and easy to make and is sure to impress

Method:

- Mix together the spinach, *artichoke, garlic, mozzarella, parmesan and cream cheese
- Mix the paprika and Italian seasons together and rub the chicken breast with the herbs
- Cut a pocket in the chicken breast, stuff the cheese mixture into the pocket and secure with a tooth pick
- Heat oil in a frying pan over medium high heat and pan fry the chicken until golden on both sides
- Cover the pan with a lid, until chicken is cooked through about 5-7 minutes depending on size
- Serve the chicken with steamed vegetables or a side salad