

CAPRESE STUFFED CHICKEN WITH SPINACH



Moderate



45 minutes



Main



04 Servings

INGREDIENTS

4 boneless, skinless chicken breasts
200g baby spinach
1 cup drained oil-packed sun-dried tomatoes, oil reserved
4 slices fresh mozzarella, or 150g grated
1½ tbsp Italian seasoning
kosher or sea salt
freshly ground black pepper



COOKING STEPS

Preheat oven to 400°.

On a work surface, cut a pocket into the thickest side of the chicken breasts, being sure not to cut all the way through. Stuff each with spinach, tomatoes and their oil and mozzarella. Season chicken all over with Italian seasoning, salt and pepper. Secure with toothpicks.

In a large heatproof pan over medium-high heat, heat reserved tomato oil. Sear the chicken until golden brown, about 3 minutes per side.

Transfer the pan to the oven and bake until no longer pink, about 15 minutes.

Remove the toothpicks. Arrange the chicken on a platter. Pour the pan juices over. Eat immediately.