



Broccoli Cheese Stuffed Chicken

Serves 2 (each serving contains approximately 450 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 head broccoli
2 carrots
5g fresh chives
40g light cream cheese
2 skinless and boneless chicken fillets
2 x 175g jacket potatoes
1 tablespoon rapeseed oil (15g)

salt (optional) and freshly ground black pepper

Method

Chop the broccoli into even-sized florets. – you will need 250g in total Peel the carrots and cut into batons or slices whichever you prefer. Finely chop the chives. Place 100g of the broccoli in a steamer and cook for 3-4 minutes until tender. Tip out on to the chopping board and leave to cool a little, then finely chop into pea-sized pieces. Place in a bowl and add the cream cheese and chives. Season lightly with salt (optional) and freshly ground black pepper and then mix until evenly combined.

Put the chicken fillets on a clean chopping board. Use a small, sharp knife to cut a deep pocket into each one, being careful not to cut all the way through. Divide the broccoli mixture between the pockets, pressing it firmly into each pocket with the back of a spoon. Fasten the pockets closed with 1-2 cocktail sticks. Season the outside of the chicken fillets lightly with salt (optional) and freshly ground black pepper. These can be covered with clingfilm and chilled for at least 10 minutes or up to 24 hours to allow the filling to firm up.

When ready to cook, preheat the oven to 180°C/350°F. Make a small cross on the top of each potato then bake for 45-50 minutes or until tender. Once the potatoes have been baking for about 20 minutes, heat an ovenproof frying pan over a medium heat. Add the oil and then the stuffed chicken fillets, presentation side down. Cook for 4-5 minutes all over until lightly golden, then making sure that the chicken is presentation side up place them in the oven for another 10 minutes until cooked through and tender. Test with a small sharp knife to ensure that the juices are running clear. Remove from the oven and leave to rest for 5 minutes.

Place the carrots in a steamer and cook for 4 minutes, then add the rest of the broccoli florets and cook for another 2-3 minutes until both vegetables are just tender but still with a little bite.

Arrange the broccoli cheese stuffed chicken on plates with the baked potatoes and vegetables to serve.