Ricotta & Spinach Stuffed Chicken Breast

A proper Sunday-dinner chicken breast, cut into a pocket and filled with a garlicky ricotta and spinach mixture.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**50 min**	**70 min**	**2**	**MEDIUM**

Ingredients

- 2 chicken breasts
- 1 lime (juiced)
- 1 clove garlic (crushed)
- 2 tbsp unsalted butter (melted)
- 2 tsp sea salt
- 1 pinch black pepper
- 100 g ricotta
- 1 cup spinach (wilted)
- 1 tbsp olive oil
- 0.5 onion (diced)
- 1 tbsp flat-leaf parsley (chopped)

Method

1. Cut a deep pocket into the side of each chicken breast, being careful not to cut all the way through.
2. Mix the lime juice, garlic, salt and pepper, and rub over the chicken. Leave to marinate for up to 2 hours, turning once, if you have time.
3. Sauté the onion in the olive oil until soft, then wilt in the spinach.
4. Crumble the ricotta into a bowl, mix with the spinach, salt, pepper and parsley.
5. Stuff the chicken breasts with the ricotta mixture and secure with cocktail sticks.
6. Brush with the melted butter and bake at 200°C (fan 180°C) for 45–50 minutes, until cooked through and golden.

Tips & swaps

- Rest for 5 minutes before slicing so the filling doesn't spill out.

Storage & reheating

Keeps in the fridge for 2 days; reheat thoroughly in the oven.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
360	**42g**	**3g**	**20g**	**1g**

Estimated values, for guidance only. Contains: Milk.