

# Spinach & Cheese Stuffed Chicken

Healthy, light comfort food



SERVINGS: 2

COOKING TIME: 40 MIN

## INGREDIENTS

- 2 large chicken breasts
- 2 handfuls of spinach, chopped finely
- 1 tablespoon of cream cheese
- 1 tablespoon of ricotta (sub with another spoon of cream cheese if you don't have it)
- A handful of chopped broccoli
- 4/5 gloves of garlic, peeled but whole
- A couple of cherry tomatoes
- 1 tablespoon of grated parmesan
- 1 red onion, peeled and chopped
- 1 teaspoon garlic powder
- 1 jalapeños, optional
- 2 tablespoons paprika
- Olive oil
- Salt and pepper

## NOTES

If you're craving some carbs to go with it; cook some spaghetti in chicken stock, drain it, and add it to the baking dish once the chicken and veggies have been removed. Sprinkle some salt and chilli flakes on top, and voila! You're in business!

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## DIRECTIONS

1. Preheat the oven to 375°F / 190°C.
2. Start by preparing the filling. In a bowl, combine the jalapeños, spinach, cream cheese, ricotta, Parmesan, garlic powder, salt, and pepper. Mix until you have a smooth and spreadable paste. Set it aside for now.
3. Now, it's time to get the chicken ready. Remove any unwanted bits and sprinkle paprika on both sides of each piece. Make sure the coating is even, but don't go overboard, or else it'll burn and taste less than nice!
4. Next, make a lengthwise slice along one side of the chicken, being careful not to cut all the way through. This will create a pocket for the stuffing.
5. Using a spoon or your fingers, generously fill the pocket with the prepared filling. Make sure to distribute it evenly without splitting the chicken. Don't worry if it looks a bit overfilled. The filling has a thick consistency, so it won't spill out too much during cooking. The little that does escape will infuse the veggies with heavenly flavours!
6. Take a baking dish, sprinkle some oil on the bottom, and place the stuffed chicken in the centre. Arrange the prepped vegetables, including the tomatoes and garlic, around the chicken. Give it all a swirl of oil on top, and gently stir to ensure everything is coated.
7. Pop the dish in the middle of the oven and let it cook for 25 minutes. Adjust the cooking time by 5 minutes in either direction based on the size of your chicken pieces. Don't worry if a slightly smaller piece gets a bit more cooking time; the filling will keep it from drying out.
8. Once it's done, carefully take the dish out of the oven and let it sit for a couple of minutes. Then, it's time to serve up this scrumptious creation!

