



Stuffed Chicken

(serves one)

Ingredients:

1 x chicken breast

Sliced mozzarella

1 x garlic clove

Basil – a few leaves of fresh or 2 tsp dried basil

Salt and pepper

1 slice of either bacon/streaky bacon or prosciutto/parma ham

Cooking oil

Method:

Preheat the oven to 180C.

Cut a lengthways slit in the chicken breast.

Grate/crush the garlic clove and place in a bowl.

Chop the fresh basil leaves (if using).

Mix the garlic, basil, salt and pepper together in the bowl with a few drops of cooking oil to make a paste.

Place the mixture along the slit you have cut in the chicken breast, stuffing it in securely.

Put in the sliced mozzarella in the slit too.



Wrap the chicken tightly with a slice of bacon or ham.

Place the chicken on a baking tray and put the tray in the oven.

Cook for approximately 30 minutes, or until chicken is cooked through.

NOTE – This recipe is for one portion – increase the ingredients if making more portions. The cooking time will remain the same.