

healthy body



healthy mind

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Chicken breast stuffed with spinach, mushrooms and cream cheese

- 2 Large chicken breasts
- 2 Rashers of back bacon
- 3 mushrooms
- Couple of handfuls of fresh spinach
- 1 clove of garlic
- 3 tsp. low fat garlic and herb cream cheese

Method

Thinly slice the mushrooms and sauté them in a pan with the garlic and a drizzle of olive oil.

Add the spinach a handful at a time until it cooks down with the mushrooms. Don't cover the pan as this will create too much liquid.

Once the spinach has wilted take off the heat and stir in the cream cheese.

Now lie a breast down flat on a chopping board and with a small sharp knife insert it into the thicker end of the breast. Don't stick it all the way through as we are trying to make a pocket for our filling. The entrance hole wants to be just over an inch so there is room for a tea spoon to get in.

After sliding the knife in on its side gently move it around, slicing a small space in the middle of the breast. Now the filling can be spooned in.

A rasher of bacon can be wrapped around which will also help hold in the stuffing.

Place on a baking tray in a pre-heated oven approx. 175c, they should take around 45-50 minutes.