

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Mushroom and fresh herb-stuffed chicken – serves 2

- 1 ½ tbsp extra virgin olive oil
- 1 med onion, finely chopped
- 1 clove garlic, crushed
- 1 small courgette, finely chopped
- 6 small flat mushrooms, finely chopped
- 1 tsp freshly chopped parsley
- ½ tsp freshly chopped mint
- freshly ground black pepper and sea salt
- 2 boneless, free range chicken breast, skinned

preheat oven to 200 C.

heat one tbsp of olive oil in a pan. Add onion, garlic, courgette and mushrooms and cook at medium heat for about 10 minutes, stirring or shaking occasionally. Stir in parsley, mint and black pepper to taste, Remove pan from heat.

Slice each chicken breast lengthways to make 2 thin slices from each piece. Place one slice in the base of a casserole dish and spread with one third of the vegetable mixture. Season with a little sea salt and black pepper. Lay a second slice of chicken on top and then another layer of mixture, and season. Repeat with the third slice of chicken, spreading the remainder of the vegetables and topping with the last chicken slice. Secure the stack by inserting a cocktail stick at each end. Spread any remaining mixture around the base of the dish. Brush the chicken generously with remaining oil and place the lid on the casserole dish. Bake for 30 minutes. Then remove lid and bake for a further 15 minutes. Serve with green vegetables or cold with salad.

Tip: leftover stuffed chicken is a good lunch alternative to sandwiches.