

Stuffed Chicken Breast

Ingredients

- 1 skinless chicken breasts ,
- 25g cream cheese
- 3 rashers of bacon or parma ham

Optional

Sun dried tomato

Chilli powder

Equipment

Baking tray

Sharp knife

Chopping board

Spoon



List the skills used for this recipe.



Who is the dish suitable for?

Method

1. Working on a red board, stuff the chicken breasts. To do this, start by pulling back the loose fillet on the back of the breast – put your knife in the opposite direction and slice to create a long pocket.
2. Open the pocket up with your fingers, push the cream cheese and additional fillings into the pocket. Fold and seal back the chicken, completely covering the filling and giving you a nice neat parcel.
3. Preheat the oven to 180°C/350°F/gas 4.
4. Place the bacon/ham onto a chopping board side by side slightly overlapping.
5. Place the stuffed chicken breast on top and roll up.
6. Place onto a lined baking sheet and place in the oven for 20-25 mins. Test with a temperature probe and check core temperature is 75°C.

This recipe is suitable for:

Dietary needs:	Yes	No
Vegetarian		
Vegan		
Pescatarian		
Gluten intolerant		
Lactose intolerant		
Low sugar/diabetic		
High Fibre/ NSP		
Nut allergies		
Low salt		
Low fat		

How could you adapt this recipe to suit one of the

diets you have stated its not suitable for?