

Avocado Stuffed Chicken Breast

A delicious and healthy main dish featuring juicy chicken breast stuffed with creamy avocado and spices.



Main Dish

30 min

Total time

Medium

Difficulty

400

kcal / serving

Ingredients

- 1 chicken breast
- 1 ripe avocado
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Salt and pepper to taste
- 1 tbsp olive oil

Steps

- 1 Preheat oven to 375°F (190°C).
- 2 Cut a pocket into the side of the chicken breast.
- 3 Mash the avocado and mix with garlic powder, paprika, salt, and pepper.
- 4 Stuff the seasoned avocado into the pocket of the chicken breast.
- 5 Heat olive oil in a skillet over medium-high heat.
- 6 Sear the stuffed chicken breast for 2-3 minutes on each side.
- 7 Transfer the chicken to a baking dish and bake for 15-20 minutes or until cooked through.