

Cheesy Garlic Spinach Stuffed Chicken Breast

A succulent chicken breast stuffed with a creamy blend of melted cheese, sautéed spinach, and garlic, offering a rich and satisfying main dish that's simple yet flavorful.



Main Dish

40 min

Total time

Medium

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast (about 200g)
- 50g shredded mozzarella cheese
- 30g fresh spinach
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 tsp dried oregano

Steps

- 1 Preheat the oven to 190°C (375°F).
- 2 Heat olive oil in a pan over medium heat. Add minced garlic and sauté for 1 minute.
- 3 Add the fresh spinach to the pan and cook until wilted. Remove from heat.
- 4 In a bowl, combine the cooked spinach and garlic with shredded mozzarella cheese.
- 5 Carefully slice the chicken breast horizontally to create a pocket, without cutting all the way through.
- 6 Stuff the chicken breast with the cheese and spinach mixture.
- 7 Secure with toothpicks if needed, then season the outside of the chicken with salt, pepper, and oregano.
- 8 Place the stuffed chicken breast on a baking tray and bake for 25-30 minutes or until cooked through.
- 9 Remove from oven, let rest for 5 minutes, then serve warm.