



Chicken with Ricotta, Mushroom & Spinach Stuffing

A warming Autumn dish, these stuffed chicken breasts are incredibly flavourful and so simple to create

Serves: 2

Prepare: 10 Minutes

Cook: 35 Minutes

Difficulty: Easy

Ingredients

For the chicken

- [2 organic chicken breast fillets with skin on](#)
- 1 shallot onion, diced
- 2 large garlic cloves, minced
- 50g chestnut mushrooms, diced
- 2tbsp ricotta
- 1 handful fresh spinach, finely chopped
- 1tbsp extra virgin olive oil
- few sprigs fresh thyme
- 2 knobs butter
- salt and pepper to season

For the cauliflower rice

- 1 large cauliflower, riced
- 1 small handful fresh parsley, finely chopped
- 2tbsp butter

Method

1. Preheat oven to 180°C and warm the oil in a pan. Add garlic followed by onions and sauté for 2 mins
2. Add mushrooms and sauté for a further 2 mins. Stir in the spinach, season with salt and pepper and set aside to cool. Once cool, transfer to a bowl and stir in ricotta along with thyme
3. Pat chicken breasts dry with a paper towel and carefully slice through the middle of each one under the skin to make a pocket leaving one side intact
4. Divide the stuffing mixture into two and stuff each chicken breast with the mixture
5. Transfer to a parchment paper lined baking tray, season the skin with salt and pepper, add a knob of butter to the skin of each and bake for 30 mins on the top shelf of the oven
6. For the cauliflower rice warm butter in a pan. Add the riced cauliflower along with parsley and warm on a low heat until softened
7. To serve, transfer the cauliflower rice to a serving dish, top with fresh watercress followed by the chicken breast fillets. Add extra sprigs of thyme on top and an extra drizzle of extra virgin olive oil before serving.