

# STUFFED CHICKEN

**Time: 45 minutes**

**Serves: 8**

## **Ingredients:**

4 large free-range boneless skinless chicken breasts (approx 400g each)  
10g kosher salt  
2g fresh-ground black pepper  
400g pork sausage - casing discarded  
100g spinach - chopped (previously frozen and drained is fine)  
60g canned diced pimentos

## **Preparation:**

Preheat oven to 200C.

Place the chicken breasts on a cutting board, cover the top with cling wrap and pound with a meat mallet or cast pan until 1cm or less thick.

Turn the breast rough side up and sprinkle evenly with the salt and pepper.

Make a line of sausage, spinach and pimento lengthwise down the centre of each breast.

Carefully roll the chicken to contain the stuffing and either tie or use toothpicks to hold it together seam-side-down on a baking sheet.

Bake, basting a time or two with the sausage fat that leaks out, until internal temperature reaches 71C. Remove from oven and let stand for five minutes before serving.

## **Nutritional Information Per Serving:**

Calories: 396  
Fat: 18g  
Carbs: 0.9g  
Fibre: 0.3g  
Protein: 54g