

Artichoke, Brie & Spinach Stuffed Chicken Breasts



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 boneless chicken breasts,
Light olive oil

½ brown onion, chopped,
2 cloves garlic, chopped,
100g artichoke hearts, chopped,
1 cup baby spinach, tightly packed,
60g Brie cheese, sliced
1 tablespoon parsley, chopped,
Salt & cracked pepper to taste

1 cup Panko breadcrumbs
2 tablespoons parmesan cheese, grated,
¼ cup plain flour,
1 egg, lightly beaten,
1 tablespoon milk,
Salt & cracked pepper to taste



How to Prepare

1. Butterfly chicken breasts: slice in half, but leave one end attached. Place on a chopping board and cover with plastic. Pound gently, ensuring not to make holes in the breast.
2. Heat oil in a pan over medium-high heat. Add onion and garlic. Sauté until soft. Add artichokes and spinach and sauté until spinach is wilted. Remove from heat. Add parsley and salt & pepper.
3. Place chicken breasts on a board and place artichoke mixture on one end away from the edges. Top with slices of Brie cheese. Gently roll chicken breast.
4. Place flour in one bowl, beat eggs, milk and salt & pepper in another bowl, and place breadcrumbs in a third bowl.
5. Coat chicken rolls in flour, then dip then in beaten eggs, and lastly, roll in breadcrumbs. Place in the refrigerator for 30 mins.
6. Heat oven to 180oC.
7. Heat oil in fry pan. When very hot, quickly fry chicken rolls until golden turning as required, taking care not to allow the filling to spill. Place on absorbent paper.
8. Prepare an oven dish. Place rolls in an oven dish. Bake for 15-20 minutes or until cooked.

Serves 4

