

Bacon Wrapped Chicken with Artichoke & Parmesan Stuffing



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,
½ cup parmesan, grated,
4 slices middle bacon,
1 bunch basil, torn,
Salt & cracked pepper to taste



How to Prepare

1. Heat oven to 180oC.
2. 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.
3. Heat oil in a pan over medium-high heat. Add onion and garlic. Sauté until soft. Remove from heat and cool. Add artichokes, parmesan basil, salt & pepper.
4. Place chicken breasts on a board and place artichoke mixture on one end away from the edges. Gently roll chicken breast. Place bacon strip on a board and put the chicken on one end. Roll the bacon around the chicken and secure with a toothpick.
5. Place rolls in an oven dish. Bake for 15-20 minutes or until cooked.

Serves 4

