

Chicken stuffed with goats cheese and spinach



Serves	Prep Time	Cooking	Total Time	Calories
4 people				480 kcal

Stuff that's in it:

- 25G Soft Goats Cheese
- Small Bunch Spinach (Shredded)
- Squeeze Of Lemon
- 1 Chicken Breast (Flattened (With Skin But Removed Before Eating))
 - For The Sauce:
 - 25G Butter
 - 1 Tbsp Flour
 - 250Ml Warm Milk
 - 35G Eat Lean Cheese
 - 10G Red Leicester Cheese

What you do:

Mix the cheese with the spinach and lemon juice, place on the edge of the chicken and roll, you can put toothpicks in to hold it together, fry it all over and brown then wrap tightly in foil and bake from around 20 minutes, then open foil so the top browns, cook for a further 10 minutes until cooked all the way through (75°c or over) sit for a minute before slicing.

Baby potatoes are sprayed with oil, and paprika and roast potato seasoning and air fried for 29 minutes.

Melt the butter, whisk in the flour to make a roux, add the milk gradually until it thickens (add more of need be) add the cheese, melt and serve once combined.

Nutrition

- Carbs: 43g
- Fat: 9g
- Protein: 51g

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