

Italian stuffed chicken

60g soft cheese (use dairy free if preferred)
2 sprigs fresh basil, chopped
20g green or black olives, sliced (or substitute with chopped sun-dried tomatoes)
pinch of salt and pepper
2 fresh chicken breasts
2 rashers unsmoked back bacon
1 large ripe tomato, sliced

Serves 2

Per serving:
450 calories
22g fat
3g carbs
60g protein

Preheat oven to 200°C/ 400°F.

Line a tray with foil.

Mix the soft cheese, basil, olives and salt and pepper in a bowl.

Cut a pocket into each chicken breast - large enough to add the stuffing.

Divide the soft cheese mixture between the two chicken breasts.

Place on the tray.

Wrap a bacon rasher around each chicken breast and top with the sliced tomato.

Bake for 20-25 minutes or until chicken is thoroughly cooked.

Store any leftover chicken in an airtight container and refrigerate for up to 2 days.