



# Spinach and Cheese Stuffed Chicken

## with Basmati Rice and Roasted Broccoli

Family Friendly

40 Minutes



Chicken Breasts



Baby Spinach



Mozzarella Cheese  
shredded



Basil Pesto



Basmati Rice



Broccoli florets



Garlic



Italian Seasoning



Sour Cream



Chicken Broth  
Concentrate



Red Onion

HELLO MOZZARELLA

*This creamy cheese takes chicken from simple to luxurious!*

## Start here

- Before starting, preheat the oven to 425 °F.
- Wash and dry all produce.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature!

## Bust out

Baking sheet, measuring spoons, aluminum foil, medium pot, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Baby Spinach	56 g	113 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Basil Pesto	¼ cup	½ cup
Basmati Rice	¾ cup	1 ½ cups
Broccoli, florets	227 g	454 g
Garlic	3 g	6 g
Italian Seasoning	½ tbsp	1 tbsp
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Red Onion	113 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Prep

Finely chop **spinach**. Cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Add **broccoli, onions, ½ tbsp Italian Seasoning** and **1 tbsp oil** (dbl both for 4 ppl) on one side of a parchment-lined baking sheet, then toss to combine. Set aside. Add **1 ¼ cups water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 2-3 min per side. Remove the pan from heat and allow to cool slightly before making **sauce**. Transfer **chicken** to the other side of the baking sheet with **broccoli**. Bake in the **middle** of the oven until **broccoli** is tender and **chicken** is cooked through, 10-12 min.\*\*



## Mix filling and cook rice

While **broth** comes to a boil, add **cheese, spinach, garlic** and **2 tbsp room temperature butter** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then mash together with a fork to combine. Set aside. Add **rice** to the **boiling broth**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



## Make pesto sauce

Once cooled, heat the same pan over medium. When hot, add **pesto, sour cream** and **2 tbsp water** (dbl for 4 ppl). Whisk until **pesto** is warmed through, 2-3 min. Fluff **rice** with a fork, then season with **salt**.



## Prep chicken

While **rice** cooks, pat **chicken** dry with paper towels. Carefully slice into the centre of **each breast**, parallel to cutting board, leaving 1 inch intact on the other end. Open up **chicken** like a book and season with **salt** and **pepper**. Top one side of **each chicken breast** with **filling**, then fold other side over **filling** to close.



## Finish and serve

When **chicken** is done, transfer to a plate and cover loosely with foil. Set aside to cool, 4-5 min. Divide **chicken, rice** and **broccoli** between plates. Drizzle **pesto sauce** over **rice** and **chicken**.

## Dinner Solved!