

Kale & Sun-dried Tomato Stuffed Chicken Breast

What You Need

4 chicken breasts
1 tbsp olive oil
1/3 cup goat cheese
1 head of kale, stemmed and chopped
1 cup sun-dried tomatoes, chopped
Salt & Pepper

What You Do

1. Preheat oven to 400 degrees F
2. Put kale in a large, deep pot. Add the olive oil and ½ cup of water. Turn up to medium heat and sauté for 2 minutes. You can add minced garlic or basil.
3. Once the kale has wilted, add the sun-dried tomatoes and cook a further 3 minutes. Set aside.
4. Carefully slice the chicken breasts in half. Use a mallet, bottom of a jar or soup can, pound chicken halves to thin them out.
5. Now start loading them up... Crumble about a tablespoon of goat cheese onto a piece and top with around 2 tablespoons of the kale mixture.
6. Roll them up and place seam side down in a baking dish.
7. Top with salt and pepper.
8. Bake for about 25-30 minutes, ensuring the chicken is cooked through.