

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Pizza Stuffed Chicken

### Ingredients Serves 4

- 4 chicken breasts – skin removed
- 20 thin slices large mushrooms
- ½ red pepper, deseeded and cut into 20 thin slices
- ½ red onion, thinly sliced
- 8 slices large tomato
- 80g cheddar cheese, grated
- 2 tsp fresh Italian herbs ie oregano, basil, parsley and thyme or 1tsp dried
- 2 tbsp olive oil

### Method

Preheat the oven to 220°C/gas 7. Take each chicken breast and make five cuts widthways across the breast, three quarters of the way through from top to bottom. Be careful not to cut right through.

In each cut place – one slice of mushroom, one slice of pepper and a couple of slices of onion. Place on a baking tray and cook in the oven for 20 minutes or until the chicken is cooked through.

When cooked arrange 2 tomato sliced on each breast and top each with 20g of the grated cheese and a pinch of the Italian herbs. Return to the oven and cook for another 5 minutes or until the cheese has melted and is golden brown.

Remove from the oven and serve with some new potatoes and a dressed salad.

### Per serving approx

Kcal 388

Fat 39.7g

Protein 36.7g

Carbs 9.1g