

Recommended recipe

PESTO STUFFED CHICKEN

Ingredients:

2 chicken breasts

1/2 cup bread crumbs

1/2 cup flour

1 egg (whisked with a splash of milk or water)

Salt to taste

Olive oil for cooking

1T J. M. Thomason Hot Chicken spice blend



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Stuffing Ingredients:

1/4 cup pesto (I use sundried tomato pesto)

1 cup finely diced baby bella mushrooms

1 finely diced shallot

1 cup spinach (I use half a bag of spinach)

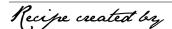
Salt and pepper to taste

1T J. M. Thomason Tuscan Dipping Oil spice blend

Directions:

- Butterfly the chicken breasts (cut lengthwise, deep enough to open up like a "butterfly").
- Flatten the chicken to a 1/4" thickness using mallet or heavy pan.
- Spread the pesto all over the inside of the chicken breasts, then add the stuffing.
- Using clear plastic film, wrap the chicken tightly.
- Let the "chicken parcels" sit in the fridge for about an hour to ensure the stuffing won't fall apart.
- Unrap the parcels gently, then dip them in flour, egg wash, and bread crumbs.
- Sauté the parcels in a splash of olive oil until golden brown.
- Bake for 20 minutes at 350 degrees; let the chicken rest a few minutes before cutting.

My favorite side dish with stuffed chicken ismy easy mashed potatoes side dish and garlic bread!





Shahad is an engineer by day, blogger by night, who enjoys cooking, baking,and learning about foods from different cultures. She is based in Nashville, TN.