



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**

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.
- Unwrap 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.



Visit [HelloShahad](#) for additional photos.

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**

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

Recipe created by



*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.*