

# Stuffed Chicken & Tomato Basil Sauce

**Prep Time:** 10 Min **Cook Time:** 25 Min **Total Time:** 35 Min  
Serves 1

## Ingredients

100g Chicken  
1 Grissini, crushed  
1/4 tsp. Italian seasoning  
1/4 cup Chicken stock  
100g Tomatoes, pureed  
1/4 tsp. Basil  
1/4 tsp. Garlic powder  
1/4 tsp. Italian seasoning  
1/4 tsp. Onion powder

## Instructions

- 1 Tenderize boneless, skinless chicken breast to 1/8 inch.
- 2 Mix together grissini and Italian seasoning with enough water to make a paste.
- 3 Spread onto chicken and roll up.
- 4 Bake at 350 for 8-10 minutes.
- 5 Cook sauce of chicken stock, tomatoes, basil, garlic powder, Italian seasoning and onion powder until reduced and thickened.
- 6 Pour over chicken and serve.

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