

Spinach & leek stuffed chicken



DYNAMIX
HEALTH & FITNESS

1 tsp ghee or coconut oil
30g leek, washed and finely chopped
2 garlic cloves, finely chopped
20g fresh spinach leaves, roughly chopped
35g cream cheese (use dairy free if preferred)
¾ tsp paprika
a pinch of sea salt and ground black pepper
2 x 180g chicken breasts

SERVES 2

Serving suggestion:

Serve with vegetables or salad.



PER SERVING:
387 Calories
5g Carbs
58g Protein
15g Fat

Preheat oven to 180°C/350°F. Line a baking tray with two sheets of foil, large enough to wrap the chicken breasts in.

Melt the ghee/oil in a large frying pan over a medium heat. Add the leek and garlic and sauté gently for 3-4 minutes, stirring occasionally. Remove from heat and allow to cool for 5 minutes.

Place the spinach, cream cheese, paprika, salt and pepper in a bowl. Add the cooked leek and garlic and stir well to combine.

Cut an incision into the thick side of each chicken breast then carefully cut into the incision to make a pocket. Try not to cut all the way through the breast.

Stuff each breast with the mixture. Place each stuffed chicken breast onto a sheet of foil. Wrap the chicken in a parcel.

Bake for 15-20 minutes or until the chicken is cooked thoroughly.

Store any leftover chicken in an airtight container and refrigerate for up to 2 days.

