

STUFFED CHICKEN BREAST – by Daraious

Once again, this was a “What do we have for dinner?” type of days and as always the answer was “Whatever we have at home.” I made this completely on the fly, never having made this before, but it turned out delicious (even if I say so myself!). So it became butterflied chicken breast marinated with various things, and stuffed with onions, sweet bell peppers, tomatoes, cremini mushrooms, and mozzarella cheese, and lovingly wrapped in thick sliced bacon.





INGREDIENTS

- 5 Boneless Chicken Breasts
- 2 Packets Thick (Low Sodium) Bacon
- 3 Coloured Sweet Bell Peppers
- 3 Small Tomatoes
- 1 Medium Onion
- 300gm Soft Mozzarella Cheese
- ¼ cup Sliced Cremini Mushrooms
- 350 ml Classico - Sweet Basil Marinara Sauce
- ½ tsp Turmeric
- ½ tsp Red Chilli Powder
- 1½ tbsp Garlic Paste
- 1 tbsp Everything Spice (Let There Be Flavor)
- ¼ tbsp Lemon and Herbs Spice
- 1 tbsp Mrs Dash Salt Free Seasoning
- 2 tbsp Virgin Olive Oil



- Butterfly each Chicken Breast
How to video if required:
<https://youtu.be/F3ybkJoq6OU>



- Place all the breasts in a bowl and coat them with olive oil and garlic paste (rub it in nicely) and let it sit.



- Thinly slice the onions and peppers.
- Slice the tomatoes into thin roundels.
- Chop up the Cremini Mushrooms into tiny pieces.
- Thinly slice the soft Mozzarella cheese.



- Add all the powdered spices into the bowl and rub into the chicken breasts.
- Let the chicken sit for about 30 minutes.



- Depending on the size of the breasts lay down 3 or 4 slices of bacon horizontally. You can even add 1 or 2 slices centered vertically to better cover the breast.
- Place a chicken breast on the bacon as shown and layer on the onions, tomatoes, peppers, mushrooms and top off with the cheese.



- Now carefully fold over the bacon strips, going in a diagonally criss-cross pattern to cover as much of the chicken breast as possible.
- Pin everything down with tooth-picks.



- Place the wrapped breasts into deep oven-proof dishes and bake at 350°F for 30 minutes.



- Remove the chicken from the deep dishes (save all the juice that has dripped out of the chicken) and place them on a meshed tray with a shallow tray underneath. This is to prevent the bottom of each breast from becoming soggy.
- Place a few chunks of the Mozzarella cheese on top of each one.
- Continue to bake at 350°F for another 25 to 30 minutes. Check for done-ness periodically.



- Add about 350ml of the Basil Marinara sauce to the collected drippings and blend it nicely with a wooden spoon.



- Make a light roux using about 1 tbsp of butter and 1½ tbsp of flour.
- Very gradually, stirring constantly over very low heat, blend in the sauce mixture just created.



- When done you should have a nice smooth sauce which can now be served on the side or poured over the chicken breasts when served.



- Remove the chicken from the oven and set aside to cool for about 5 to 7 minutes.



- Cross section of the wrapped chicken breast



- Plate and serve.

Accompaniments in this case:

- French fries
- Sautéed caramelized onions and bell peppers
- Sautéed julienned carrots and beans sprinkled with Lemon & Herbs spices.