



## Stuffed Chicken Breast Recipe

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Preparation Time	10
Cooking Time	72
Serving Size	8

### Ingredients:

- 2 Tbsp oil
- 1 Tbsp onion, white, chopped
- 2 cup spinach, blanched and squeezed to remove excess liquid
- 1/4 tsp salt
- 2 cup cheddar cheese (or any melting cheese), grated

### FOR THE STUFFING

- 1 kg chicken, breast fillet (approximately 5 pieces), cut into 1 1/2-inch thick
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 2 Tbsp oil
  
- 2 Tbsp onion, white, chopped
- 1 tsp garlic
- 1 pack DEL MONTE Tomato Paste (150g)
- 2 cup water
- 1/2 tsp salt
- 1 tsp oregano, ground

### Preparation:

1. Sauté onion and cooked spinach in oil for 2 minutes. Season with salt. Place in a bowl.
2. Mix spinach mixture and 1 1/2 cups of cheese. Set aside.
3. Using a sharp knife make a pocket from the side by running the tip of your knife along the middle of the meat.
4. Divide the filling into five. Season chicken breast with salt and pepper on both sides. Stuff with spinach mixture. Seal with a toothpick.
5. In a pan, brown the meat with oil on both sides. Set aside.
6. Using the same pan, sauté onion, garlic, and DEL MONTE Tomato Paste. Sauté for 2-3 minutes then add water. Season with salt.
7. Bring to a boil and allow to simmer, add chicken and oregano. Simmer for 12 minutes.
8. Top chicken with the remaining cheese, simmer until cheese is melted. Serve.

### Chef's Tip

Chicken breast is very lean and dries out easily. Keep the chicken moist by not overcooking it. To know if the chicken is cooked, check the color and firmness. Cooked chicken is white opaque and firm to the touch. Also try poking it with the tip of a small knife. The juices should run clear.

### Lusog Notes

This Stuffed Chicken Breast recipe is high in Vitamin A that helps boost the family's immunity. It also has calcium which helps in bone growth and development.

### **Cooking Skills Needed**

- Boiling

### **Cooking Tools**

- Chopping Board
- Pot

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