



JERNEJ KITCHEN

STUFFED CHICKEN BREAST IN CREAMY ASPARAGUS SAUCE

Stuffed Chicken Breast in Creamy Asparagus Sauce is a fantastic family meal recipe. It takes 50 minutes to make and is a tasty midweek or weekend meal.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
COOK AND BAKE:	35	MINUTES
TOTAL TIME:	50	MINUTES

STUFFED CHICKEN BREAST

- 12 sun-dried tomatoes (80g) (from oil), chopped
- 2 tbsp shredded parmesan cheese
- 1 garlic clove, minced
- 40 g (1/3 cup) walnuts or pecans
- a few fresh basil leaves
- 1/2 tsp grated lemon zest
- 1 pinch of salt, 1 pinch of pepper
- 1 tsp olive oil, for pesto
- 1 tsp lemon juice, freshly squeezed
- 800 g (1.8 pounds) chicken breasts, skinless and boneless
- 180 g (6.3 oz) whole mozzarella
- 100 g (8 slices) prosciutto
- 1 tbsp olive oil, for cooking

SAUCE

- 1/2 onion
- 2 garlic cloves
- 80 ml (1/3 cup) white wine
- 1 tsp dijon mustard

PESTO

First, make the red pesto. In a pestle and mortar, crush the sun-dried tomatoes, parmesan cheese, garlic, pecans, basil, lemon zest, salt, pepper, olive oil, and lemon juice into a rough, thick mixture. Optionally, use a blender.

STUFF THE CHICKEN BREAST

Pat the chicken dry. Use a sharp knife to create a pocket for the stuffing. Be careful not to cut through to the other side. Add a generous tablespoon of the red pesto. Cut the mozzarella into thick slices and add two slices to the pesto. Repeat the process until you use all the ingredients. Place two slices of prosciutto onto your working surface. Place the stuffed chicken breast on the bottom of the prosciutto and tightly wrap the breasts in prosciutto. Be careful to wrap the whole stuffing to prevent it from leaking while cooking.

TIP

[There's no need to season the chicken with salt, as it will already be seasoned from the filling and the prosciutto.](#)

COOK AND BAKE

Place a rack one level higher than the lowest rack. Preheat the oven to 200 °C / 390 °F. Use an oven-safe pan. We're using Tefal Ingenio Unlimited (24 cm). Place a pan over high heat. When it's hot, add the olive oil and stuffed chicken breast. Pan-fry for 6 - 8 minutes while turning regularly for the prosciutto to become golden. Transfer to the oven and bake for 8 - 10 minutes at 200 °C / 390 °F. The baking time depends on the size of the chicken breasts. Transfer the chicken breasts onto a

160 ml (2/3 cup) chicken broth or water

160 ml (2/3 cup) heavy cream

300 g (10.5 ounces) asparagus

TOOLS AND EQUIPEMENT

pestle and mortar or blender

kitchen knife

cutting board

Tefal Ingenio Unlimited (24 cm) pan

Sponsored

clean plate, leave the juices in the pan, and place the pan back on the stove.

SAUCE

Add diced onion to the pan with the remaining cooking juices. Sauté for 3 - 4 minutes, add minced garlic, and cook for a minute. Pour in the wine. Cook for 2 - 3 minutes over medium-high heat for the alcohol to evaporate. Add the Dijon mustard and chicken broth or water. Cook until half of the liquid evaporates. Add the heavy cream, stir, and bring to a boil. Reduce the heat, and add the asparagus cut into small chunks. Cook for a minute, then add the cooked stuffed chicken breast and remaining cooking juices. Cook for 4 - 5 minutes.

SERVE

Cut the stuffed chicken breast into slices and divide between four plates. Pour the sauce with the asparagus over the chicken, and serve with mashed potatoes or a side dish of your choosing.