



Chicken stuffed with goat's cheese & tarragon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 140 g goat cheese organic soft (we used Pant-Ysgawn Farm)
- ☐ 0.5 lemon zest
- ☐ 0.5 to 5 chillies red hot deseeded finely chopped (if you don't like it too)
- ☐ 1 tbsp tarragon finely chopped
- ☐ 4 chicken breast skinless
- ☐ 8 slices pancetta

Equipment

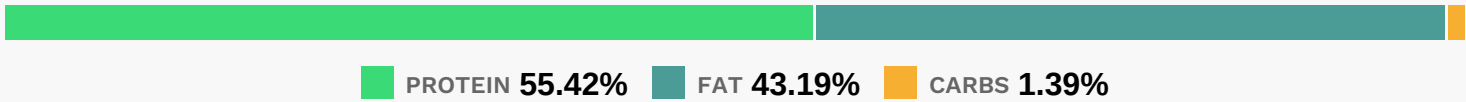
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Beat together the goats cheese, lemon zest, chilli, tarragon and some seasoning.
- ☐ Cut a slit in the side of each chicken breast, ensuring that you dont pierce through the other side. Using your fingers, make a pocket and stuff the cheese mix inside. Season the chicken breasts, then wrap 2 slices of prosciutto around each, covering the pocket tightly.
- ☐ Put on a baking tray, drizzle with olive oil and cook for 18-20 mins until cooked through but still moist, and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:25.159565075584%

Nutrients (% of daily need)

Calories: 422.9kcal (21.15%), Fat: 19.7g (30.3%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.64g (0.71%), Cholesterol: 171.3mg (57.1%), Sodium: 498.18mg (21.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.87g (113.74%), Vitamin B3: 24.55mg (122.73%), Selenium: 76.6µg (109.43%), Vitamin B6: 1.88mg (94.07%), Phosphorus: 593.5mg (59.35%), Vitamin B5: 3.56mg (35.61%), Potassium: 932.53mg (26.64%), Vitamin B2: 0.39mg (23.15%), Magnesium: 71.85mg (17.96%), Copper: 0.34mg (17%), Vitamin C: 12.36mg (14.98%), Vitamin B1: 0.22mg (14.72%), Zinc: 1.88mg (12.57%), Iron: 2.02mg (11.21%), Vitamin A: 539.59IU (10.79%), Vitamin B12: 0.6µg (9.97%), Manganese: 0.18mg (8.84%), Calcium: 76.56mg (7.66%), Folate: 17.92µg (4.48%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.43µg (2.87%), Vitamin K: 1.87µg (1.78%), Fiber: 0.25g (1.01%)