



Spiced Matzo-Stuffed Chicken Breasts

 Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



1043 kcal

SIDE DISH

Ingredients

- ☐ 6 chicken breast halves boneless with skin (3 pounds)
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 1.8 cups chicken broth divided reduced-sodium
- ☐ 4 cups d matzo farfel (small pieces of matzo)
- ☐ 6 tablespoons olive oil divided
- ☐ 1 large onion chopped
- ☐ 1 teaspoon paprika or hot
- ☐ 0.5 cup pistachios shelled chopped
- ☐ 1 teaspoon potato flour
- ☐ 1 bell pepper red chopped

Equipment

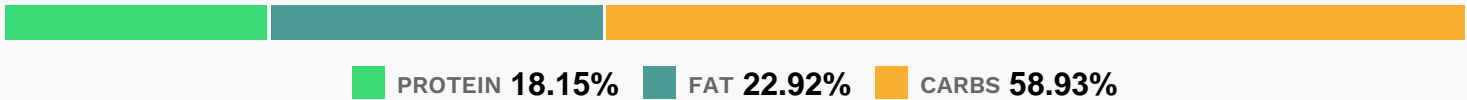
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ roasting pan
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Preheat oven to 425°F with racks in upper and lower thirds.
- ☐ Cook onion and bell pepper in 3 tablespoons oil in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened and golden, about 15 minutes.
- ☐ Add garlic and cook, stirring frequently, 2 minutes.

- ☐ While onion mixture cooks, rinse matzo farfel in a colander under warm running water until softened, 30 seconds to 1 minute.
- ☐ Drain, pressing gently to extract excess water.
- ☐ Remove onion mixture from heat and stir in farfel, pistachios, raisins, parsley, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Whisk together eggs and 3/4 cup broth, then stir into farfel mixture.
- ☐ Set aside 1 1/2 cups stuffing and transfer remainder to a generously oiled 1 1/2-quart shallow baking dish.
- ☐ Bake stuffing in dish in lower third of oven until set and golden, about 30 minutes.
- ☐ While stuffing bakes, stir together spices with 1 teaspoon salt and 1/2 teaspoon pepper in a large bowl.
- ☐ Insert a paring knife horizontally into middle of thicker end of each chicken breast half, stopping about 1 inch from opposite end, then open incision with your finger to create a 1-inch-wide pocket. Pack 3 tablespoons stuffing into each pocket. Pat chicken dry and add to spices, tossing to coat.
- ☐ Straddle a large flameproof roasting pan across 2 burners, then add remaining 3 tablespoons oil and heat over medium-high heat until it shimmers. Sear chicken, skin side down, until skin is deep golden, about 5 minutes. Turn chicken over, then roast in upper third of oven until just cooked through, 16 to 20 minutes.
- ☐ Transfer chicken to a platter and straddle roasting pan across 2 burners, then add wine and deglaze by boiling, stirring and scraping up brown bits, 1 minute. Stir in 3/4 cup broth.
- ☐ Whisk together remaining 1/4 cup broth and potato starch and whisk into sauce, then cook, whisking, until slightly thickened, about 2 minutes. Strain sauce through a fine-mesh sieve into a measuring cup.
- ☐ Let stand until fat rises to top, 1 to 2 minutes, then skim off and discard fat (or use a fat separator). Season sauce with salt.

Nutrition Facts



Properties

Glycemic Index:43.78, Glycemic Load:6.48, Inflammation Score:-8, Nutrition Score:37.310869507168%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg, Apigenin: 7.2mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 1043.46kcal (52.17%), Fat: 26.11g (40.16%), Saturated Fat: 4.21g (26.28%), Carbohydrates: 151.05g (50.35%), Net Carbohydrates: 143.3g (52.11%), Sugar: 10.72g (11.91%), Cholesterol: 134.32mg (44.77%), Sodium: 182.89mg (7.95%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 46.51g (93.03%), Selenium: 100.79µg (143.98%), Vitamin B3: 19.49mg (97.43%), Manganese: 1.42mg (71.01%), Vitamin B6: 1.4mg (69.77%), Vitamin K: 65.67µg (62.54%), Vitamin B1: 0.81mg (54.05%), Phosphorus: 518.85mg (51.89%), Vitamin B2: 0.74mg (43.67%), Vitamin C: 35.58mg (43.12%), Iron: 7.11mg (39.5%), Fiber: 7.76g (31.03%), Potassium: 1004.5mg (28.7%), Vitamin B5: 2.76mg (27.62%), Magnesium: 100.03mg (25.01%), Vitamin A: 1096.3IU (21.93%), Vitamin E: 3.12mg (20.81%), Copper: 0.38mg (19.03%), Zinc: 2.48mg (16.55%), Folate: 64.48µg (16.12%), Calcium: 80.03mg (8%), Vitamin B12: 0.44µg (7.39%), Vitamin D: 0.45µg (2.98%)