

Spinach and ricotta stuffed chicken

Ingredients

- 4 large chicken breasts
- 1/2 bag of baby spinach leaves, finely chopped (can do this with a pair of clean scissors)
- ½ tub of ricotta cheese
- 2 tbsp. low fat cottage cheese
- 1 clove of garlic
- ½ tsp ground nutmeg (optional)

Serve with a courgette and asparagus salad

- 1 courgette
- 10 asparagus tips
- Juice of a lemon
- 1 tbsp. avocado oil
- Toasted pine nuts
- 1 avocado

In a bowl, mix the ricotta, cottage cheese, garlic, nutmeg, and season with some salt and pepper. Add the chopped spinach and mix well.

Cut the chicken breasts length ways to create a pocket where the filling can be stuffed. Don't cut all the way through the chicken

Spoon the filling in to the chicken, making into a parcel like the photo here

Using a good non-stick pan/griddle, cook the chicken in the pan for 5 minutes on each side. Make sure the chicken turns golden brown and is cooked all the way through (check there is no pink meat) and doesn't burn. Flip the chicken and cook again for a another couple of minutes each side if needed

Whilst the chicken is cooking, create the courgette ribbons using vegetable peeler and place in a mixing bowl. Wash and cut the ends off the asparagus and add to the bowl. Squeeze the lemon juice over the salad, then drizzle the avocado oil of the salad. Add some toasted pine nuts and chunks of avocado



Meal alterations

Extra energy and
carbohydrates

- Serve with some new potatoes, boiled and slightly crushed with a little garlic, mint and Greek yoghurt