



## Stuffed Chicken Breasts

By Chef Veera Gaul, Ph.D.



### Ingredients

4 tablespoons Single Estate Extra Virgin Olive oil  
4 chicken breasts  
12-16 oz mushrooms chopped  
1 tablespoon O&V [Tuscan dipper](#) seasoning \*  
1 small shallot, minced  
5-6 cloves of garlic, minced  
2 tablespoons white wine (or chicken stock)  
2 tablespoons grated parmesan cheese  
2 tablespoons Panko breadcrumbs  
3-4 tablespoons of Chopped herbs (parsley, basil, oregano combination)  
Salt and pepper to taste

#### *Gravy*

½ shallot, minced  
3-4 cloves garlic, minced  
1 tablespoon chopped thyme  
¼ cup Chicken broth

### Preparation

Preheat oven to 400F

Heat 2 tablespoons of oil in a sauté pan, add mushrooms and seasoning mix  
Sauté for 5-8 minutes allowing the mushrooms to caramelize. Add shallots and garlic to the pan and sauté another 3-5 minutes till fragrant.

Add the white wine/stock and cook till reduced and the mixture is not watery  
Add cheese, chopped herbs, and breadcrumbs, stir to combine. Add salt and pepper to taste and take off the stove

While the mushroom mixture is cooling, cut a pocket in the chicken breasts cutting a slit horizontally through the chicken about  $\frac{3}{4}$  of the way. The slit should run about 4-5 cm long. Sprinkle a little salt and pepper on each chicken piece.

Once the mushroom mixture is cool enough to handle, stuff each pocket with the mixture by creating an elongated ball of the mixture with your hands, and then inserting it into the pocket. Don't overstuff, or the stuffing will come out of the chicken as it cooks  
In an ovenproof pan heat the remaining oil on medium high heat and brown the stuffed chicken. Remember, you are not trying to cook it through, just browning both sides of each piece

Then place the ovenproof pan with the chicken in the oven for 7-10 minutes

Remove the pan from, the oven and remove the chicken pieces from the pan onto a plate. Keep warm by covering with foil

Place the pan on a medium heat to make the gravy and add shallots, garlic and thyme to the pan. Sauté in the juices of the chicken

Add chicken broth to make a gravy and pour over chicken

Serve with pan sautéed asparagus (or any veggie of your choice) and a starch, I love it with some fresh Italian bread, and a little Extra virgin Olive oil for dipping.

### Notes

\* I love the robustness of this O&V [Tuscan seasoning](#) mix, it adds great flavor and depth to the dish, but you can add any blend of Italian seasoning.

Serves 4

Categories: Entrées, Poultry, Tuscan Dipper