

## Stuffed cheese & tomato chicken

2 x 200g chicken breasts  
50g feta cheese  
50g sun-dried tomatoes in oil, drained  
50g mozzarella cheese, grated  
a pinch of sea salt and ground black pepper  
1 tsp dried Italian seasoning  
1 tsp olive oil

Serves 2

Per serving:  
450 calories  
63g protein  
9g carbs  
18g fat

Preheat oven to 180°C/350°F.

Carefully cut a lengthways pocket into each chicken breast, starting at the thickest part.

Stuff the pockets with sun-dried tomatoes, feta, and mozzarella. Seal the chicken with toothpicks.

Season the chicken with salt, pepper, and Italian seasoning.

Drizzle with olive oil.

Place onto a foil-lined baking tray.

Bake for 25 minutes or until thoroughly cooked. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

