



MEDITERRANEAN CHICKEN WITH SPINACH AND PINE NUTS

INGREDIENTS

¼ cup Sun-dried tomatoes, chopped
1/3 cup Feta cheese, crumbled
1/3 cup Olives, chopped
1 Tbsp Balsamic vinegar
2 Garlic cloves, crushed
600g Chicken breasts
Olive oil
Salt and pepper
4 cups baby spinach
Handful Roasted pine nuts

METHOD

1. Preheat oven to 220 degrees Celsius. Combine the tomato, feta, olives and vinegar and 1 tbsp of garlic
2. Season chicken breasts with olive oil, salt and pepper.
3. Cut a slit along the middle of each chicken breast to create a pocket. Fill the pocket with the tomato mixture and transfer each chicken breast on to a sheet of baking paper. Enclose each breast in baking paper parcel.
4. While the chicken is cooking, sauté the spinach with the remaining olive oil and crushed garlic. Serve along side chicken and top with roasted pine nuts