



Mediterranean Herbs and Chorizo Chicken

A quick and easy dinner that all the family will enjoy. You can also experiment with the flavour of the Philadelphia depending on what you have to hand – they are all fantastic options



By Lorraine
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Serves : 4 Prep Time : 25 mins Cooking Time: 20 mins

Ingredients

2 heaped tbsp finely diced
cooked chorizo

170g carton Philadelphia
Mediterranean Herb
cream cheese

4 large skinless and boneless
chicken breast fillets

4 small ripe tomatoes, sliced
(ends discarded)

Olive oil, for drizzling

½ tsp fresh thyme leaves (optional)

Sea salt and freshly cracked
black pepper

Nutritional Values:

Weight Per serving 280g:

Per serving: 324 Cals, 16g fat, 7.5g sat fat , 41g protein, 4g carbs, 4g sugars, 1g fibre, 0.95g salt.

Per 100g:

Per serving: 116Cals, 5.8g fat, 2.7g sat fat, 41.6g protein, 1.5g carbs, 1.4g sugars, 0.3g fibre, 0.34g salt.

Method

Preheat the oven to 220C (450F), Gas mark 7. Beat the chorizo into the Philadelphia cream cheese, then season with salt and pepper. Cut a slit along the side of each chicken breast, then use your knife to open out into a pocket.

Stuff each breast with a generous tablespoon of the cheese mixture and then press down slightly. Arrange on a baking sheet lined with parchment paper. Season the top of the chicken and then arrange the tomato slices on top. Season again lightly and scatter over the thyme, if using. Drizzle over the olive oil.

Roast for 20 minutes or until the chicken is golden and cooked through. Serve on plates with some crisp long green beans and crusty bread to mop up all of the juices.

