

## Cream cheese and spinach stuffed chicken breast

Servings: 4

### Ingredients

- 4 boneless, chicken breasts
- 226g of softened cream cheese
- ½ cup of wilted cooked spinach
- 2 slices of streaky bacon per chicken breast
- ½ tsp of mixed herbs
- ¼ tsp salt (sea or Himalayan)
- A few grinds of black pepper
- BBQ spice or smoked paprika
- 1 tbsp dried parsley
- 1 tsp onion powder
- 1 tsp garlic powder (you could use crushed garlic too)



### Method

- Prepare your chicken breasts by carefully slicing through the breast and butterflying it
- Spice the breasts with a BBQ spice or some smoked Paprika. Also season with salt and pepper, both inside and out.
- Mix together the cream cheese, spinach (make sure you have squeezed all the liquid in the spinach out, before adding to the cream cheese mix), mixed herbs, garlic and onion powder.
- Divide the mixture between the breasts and fill each one.
- Place each chicken breast onto two strips of bacon and carefully wrap them around the breast. Secure the strips with kebab sticks or butcher's twine.
- Bake in preheated oven for 30 minutes at 200C depending on the thickness of chicken breast. If you are not sure about their doneness, use a meat thermometer to check. Grill the breasts for the last 5 minutes to crisp up the bacon.
- Serve with a salad or steamed vegetables.

You could swop out the spinach for broccoli, jalapenos or even a mix of spinach, sundried tomatoes, cheese and spinach - YUM! The possibilities are endless and your imagination is the limit.

Per serving: Total Carbs 5.6g Net carbs 2.2g Fats 30g Protein 47g Calories: 491kcal