



# Goat's Cheese Stuffed Chicken

with pea and tomato salad

20 – 25 mins

34



Irish Chicken Breast



Goat's Cheese



Salad Leaves



Italian Herbs



Tomato



Balsamic Vinegar



Peas

Pantry Items: Oil, Salt, Pepper, Water



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2025-W27

## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P	6P
Irish Chicken Breast	320 g	640 g	960 g
Goat's Cheese	100 g	200 g	300 g
Salad Leaves	120 g	240 g	360 g
Italian Herbs	1 sachet	2 sachets	3 sachets
Tomato	2 units	4 units	6 units
Balsamic Vinegar	1 sachet	2 sachets	3 sachets
Peas	120 g	240 g	360 g

## Nutrition

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	389.4 kJ/ 93.1 kcal
Fat (g)	3.8 g
Sat. Fat (g)	2.3 g
Carbohydrate (g)	3.7 g
Sugars (g)	1.7 g
Protein (g)	12.3 g
Salt (g)	0.9 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

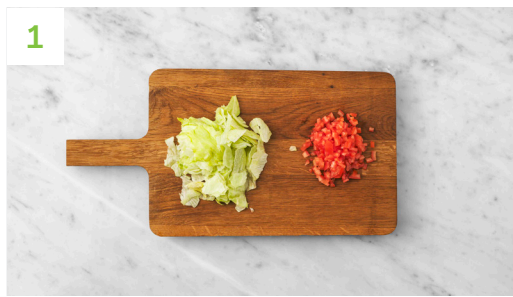
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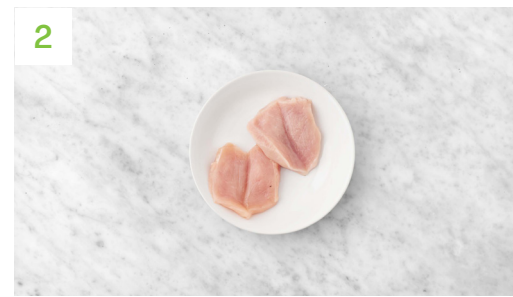
## Get Prepped

- Preheat oven to 220°C/200°C fan/gas mark 7.
- Crumble the **goat's cheese** in a bowl with the **Italian herbs** and a good glug of **oil**.
- Trim the **salad leaves**, then tear or chop into bite-sized pieces.
- Chop the **tomato** into 2cm chunks.



## Cook the Peas

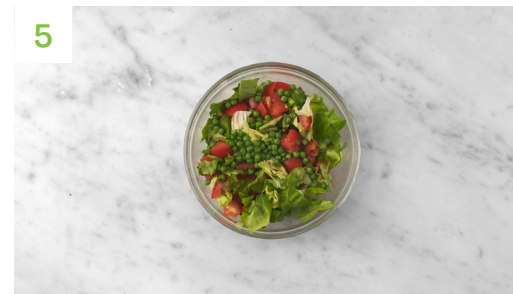
- Meanwhile, boil a pot of **salted water** for the **peas**.
- Once boiling, add the **peas** and allow to warm through, 1-2 mins.
- Once done, drain in a sieve and allow to cool.



## Stuff the Chicken

- Cut a pocket horizontally into the **chicken breast**. Season the inside with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Spoon the **goat's cheese** mix into the pocket.
- Season the outside of the **chicken**, drizzle with **oil** and rub to coat evenly.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



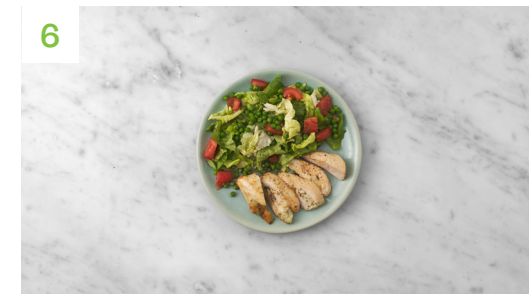
## Dress the Salad

- Just before serving, toss the **salad leaves**, **peas** and **tomato** with a drizzle of **oil** and the **balsamic vinegar**.
- Season to taste with **salt** and **pepper**.



## Bake the Chicken

- Place the stuffed **breasts** onto a lined baking tray.
- Bake the **chicken** until cooked through, 18-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



## Finish and Serve

- Divide the **goat's cheese** stuffed **chicken** between plates.
- Serve the **pea** and **tomato** salad alongside.

Enjoy!