

# SHEET PAN HASSELBACK CHICKEN BREASTS



25 Minutes



Serves 4



Easy

This is a succulent and very simple dish that looks more impressive than the minimal effort required to make it. Best of all, you assemble and then leave it in an oven to do its thing for 20 minutes. Paired with a simple salad, this is a very easy weekday dish that takes minimal time, minimal effort and leftover portions are great the next day for your lunch eaten hot or cold so why not bake a few more. Covered in the fridge, they should store well for 2-3 days. Ensure you leave some of the pan juices on them to help them stay moist for your leftover lunches.

## INGREDIENTS

- 4 Skinless chicken breasts
- 120g Mozzarella or cheddar, sliced thinly
- 2 Medium sized tomatoes, halved and sliced
- 30g Spinach or basil leaves (a small handful)
- 60g Spanish salami, sliced (about 16 thin slices that are halved again into semi-circles)
- Garlic infused avocado oil (or oil of choice)
- Salt and pepper to season

## METHOD

1. Preheat oven to 200°C/390°F.
2. Take the chicken breasts and cut 4 slashes into each breast widthways, about 2cm apart. Do not cut all the way through – about 2/3 of the way through only so that the chicken breasts stay intact and whole.
3. Get your other ingredients lined up and ready so that you can start filling the chicken breasts like a conveyor line. Ensure that you have small slices of cheese, salami and tomato to go into each chicken breast slash along with washed leaves of spinach or basil. Now start putting one of each filling ingredients into the slashes. You may have to stuff them in there and the completed chicken breasts may look like they are bursting but don't worry, some of the bulk is lost during the cooking process.
4. Place the filled chicken breasts in greased oven tray. Ensure that the tray has sides as cooking juices and melty cheese may ooze out as the chicken cooks.
5. Season the chicken with a sprinkle of salt, pepper and a drizzle of garlic infused avocado oil or your oil of choice (olive oil works well).
6. Bake for 15-20 minutes until the chicken is cooked, the cheese is melted, and the juices run clear (not pink).
7. Serve each hasselback chicken breast with a generous spoonful of the pan juices and your favourite salad greens or seasonal vegetables.

### Tips:

- This dish is low carb and keto friendly but if you want to “up” the fat content, you can drizzle more oil over the top before serving or you can spread a dollop mayonnaise over each chicken breast before cooking. This will increase the fat content but will also increase the calorie amount.
- To reduce the protein count slightly, you could replace the Spanish salami with basil pesto.

Nutritional Information (per serve)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
429	21.8g	52.9g	2.2g	0.6g	1.6g