



APPLE STUFFED CHICKEN BREAST

METHOD

Combine apple, cheese and breadcrumbs. Set aside.

Flatten chicken breasts between sheets of greaseproof paper to 1cm thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.

Melt butter in large frying pan over medium heat and brown the stuffed chicken breasts.

Add wine and water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.

Transfer chicken to a serving platter. Combine 1 tablespoon water and cornflour; stir into juices in pan. Cook and stir until thickened.

Pour sauce over chicken, and garnish with parsley. Serve.

Serve with vegetables and new potatoes.

INGREDIENTS

- 2 (100g) skinless, boneless chicken breast fillets
- 2 small apples, thinly sliced or coarsely shredded
- 2 tablespoons grated mild Cheddar cheese
- 1 tablespoon breadcrumbs
- 1 tablespoon butter
- 60ml (2 fl oz) dry white wine
- 60ml (2 fl oz) water
- 1 tablespoon water
- 1 1/2 teaspoons cornflour
- 1 tablespoon chopped fresh parsley to garnish