

# CHICKEN FILLET FILLED WITH SUN DRIED TOMATOES

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2 persons / 585 kcal per portion

## Ingredients:

- 2 small chicken fillets
- 4 sun-dried tomatoes in oil
- ½ scoop of mozzarella
- 350 grams broccoli
- 50 grams butter
- 250 grams potato slices
- pepper and salt



## Preparation:

Cut chicken fillets in length. Chop and mix tomatoes and mozzarella. Fill chicken with mixture and close with cocktail stick. Sprinkle the chicken with salt and pepper. Clean broccoli. Heat half of the butter in the frying pan and bake potato slices according to the instructions until cooked and brown. Heat the rest of the butter in the frying pan and fry the chicken fillets for about 12 minutes and brown. Cook broccoli for 5 minutes. Serve chicken with potato slices and broccoli.

## Nutritional value per portion:

Energy:	585 kcal
Protein:	43.3 grams
Carbohydrates:	24.2 grams
- including sugars:	3.1 grams
Fat:	33.6 grams
Fiber:	7.8 grams
Salt:	1.2 grams