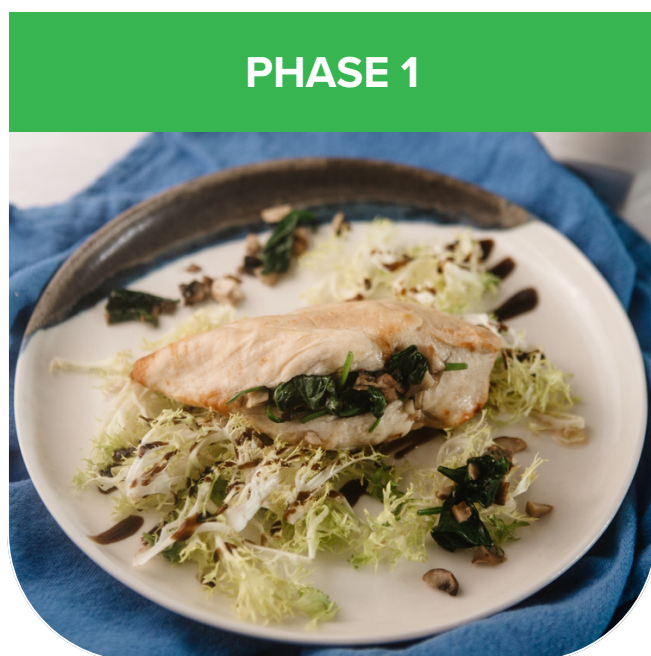


stuffed chicken breast with frisée salad

SERVES 1 • READY IN 20 MINUTES OR LESS



Ingredients:

- 2 tsp olive oil, divided
- 1 ½ cups spinach, chopped
- ½ cup cremini mushrooms, chopped
- ¼ tsp salt, divided
- 1 clove garlic, peeled and chopped
- ¼ tsp apple cider vinegar
- 1 portion chicken breast, cut in half width-wise keeping it intact on one side
- 1 cup frisée, washed and torn into bite sized pieces
- 1 tbsp IP balsamic dressing

In a non-stick skillet over medium heat, add in 1 tsp olive oil. Add spinach, mushrooms and garlic and sauté for 7-10 minutes or until most of the moisture is gone. Put mixture into a bowl. Toss with apple cider vinegar and half of the salt. Refrigerate for 2 minutes to cool it slightly.

Preheat air fryer to 350°F.

Brush the outside of the chicken breast with remaining oil and season with remaining salt. Put mixture inside of the slit of the chicken breast and secure the edges to close with kitchen twine or toothpicks.

Place stuffed breast(s) in air fryer for 10 minutes. Carefully flip breast and cook for another 7-10 minutes or until cooked through. The centre should reach 165°F on a meat thermometer.

Serve alongside frisée that has IP balsamic dressing on top.