

STUFFED CHICKEN ALFREDO BAKE

Serves 4

INGREDIENTS

- ½ cup Spekko Long Grain Parboiled White Rice
- 1¼ cups mayonnaise
- 1 cup (100g) grated cheese
- 2 cloves garlic, crushed
- 1 punnet (350g) sliced mushrooms, sautéed
- Salt and pepper, to season
- 4 chicken breasts
- ½ cup breadcrumbs

Serving suggestion:

Steamed green beans

METHOD

1. Preheat the oven to 200°C and grease a medium baking dish (30x25cm).
2. Add the Spekko Long Grain Parboiled White Rice to a pot and cover in a cup of salted water. Bring to the boil over a medium heat. Lower the heat, cover at a slant and simmer for about 15-20 minutes until just tender. Allow to cool.
3. To prepare a hacky alfredo sauce, whisk together the mayonnaise, ½ cup of cheese, the sautéed mushrooms and the crushed garlic. Stir to combine. Season the sauce to taste, with salt and pepper.
4. Stir ¾ cup of the 'alfredo sauce' into the cooled rice. The rice mixture should hold together when rolled in a ball.
5. Butterfly the chicken breasts by slicing in half lengthways.
6. Place the butterflied chicken breasts in a resealable plastic bag, 1 at a time, and use a rolling pin to beat the breasts out until they are around 1cm thick. Ensure not to damage the meat. Season the chicken breasts with salt and pepper.
7. Spoon a large spoonful of the 'alfredo' rice mixture onto the flattened chicken breasts and spread over smoothly. Roll the chicken breasts up lengthways and place the roll-ups in the oven dish to fit snugly.
8. Mix ⅓ cup of water with the remaining mayonnaise sauce and whisk to mix. Pour this 'alfredo sauce' over the chicken breasts. Sprinkle the remaining ½ cup of cheese over the breasts followed by the breadcrumbs and bake for 30-35 minutes until the chicken is cooked through. If it becomes too dark, cover with foil.
9. Turn up the oven to the grill setting and allow to grill for a further 5 minutes until the breadcrumbs are crispy and golden brown.
10. Serve a portion alongside steamed green beans and ENJOY!