

Pesto-Stuffed Chicken with Tomato Sauce



Serves 4

Prep 30 mins

Cooking 30 mins

Easy

Ingredients

For the tomato sauce

1 small onion, chopped
1 tbsp olive oil
1 tin chopped tomatoes
1 tbsp chopped fresh rosemary
1 tbsp balsamic vinegar
1 tbsp caster sugar
salt and pepper
grated Parmesan & salad to serve

For the pesto

100g fresh basil leaves
85g pine nuts
85g freshly grated Parmesan
1 tbsp olive oil

4 boneless skinless chicken breasts

1. Preheat the oven to Fan 180C/ Gas 6. Cut a pocket in each chicken breast.
2. Make the pesto: put all the ingredients except the olive oil in a food processor and pulse until finely chopped. Drizzle in the olive oil to form a thick paste. Spoon into the chicken pockets and spread some over the top. Cook in the oven for 30 mins.
3. Make the sauce: in a pan, soften the onion in the olive oil. Add the tomatoes and cook for 5 mins. Stir in the rosemary and vinegar. Add the sugar and season. Serve the chicken with the sauce, rocket and Parmesan.