

Stuffed Cypriot Chicken, Asparagus & Vine Tomatoes



Serves 4

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

Chicken

small bunch parsley
small bunch basil
8 sun-dried tomatoes in oil
100g feta cheese
zest of 1 lemon
4 chicken breasts, skin on, bone in
4 sprigs fresh rosemary

Veg

200g cherry tomatoes
small bunch of herbs such as
rosemary, thyme, bay
250g asparagus
a few black olives(optional)

Flatbreads

1 tsp oregano
6 flatbreads

1. Chop the parsley, basil and sun-dried tomatoes and use the oil of the sun-dried tomatoes to bind them all together. Add a pinch of pepper. Crumble over the feta, finely grate over the lemon zest and mix again.
2. Drizzle olive oil into one of the frying pans. Add the vine tomatoes & the herb sprigs. Reduce to a low heat.
3. Tear off a big sheet of greaseproof paper and line up the chicken breasts, skin side down, on top. Use a small knife to carefully fold back the fillets and cut a little pocket in each one, slitting and cutting down until you can open each breast like a book. Divide the filling into the middle of each breast, pat it down, then fold the chicken back over to cover. Make sure you wash your hands afterwards.
4. Add 2 tbsp of olive oil to the empty frying pan. Using tongs, lay the chicken, skin side down. Scrunch up a sheet of greaseproof under the tap. Flatten out and tuck over the chicken, then leave to cook, shaking the pan every now and again.
5. On a chopping board, Sprinkle salt & pepper, a tsp of oregano & some olive oil. Wipe & roll the flatbreads in these flavours. Scrunch up another large piece of greaseproof under the tap, flatten, then stack the breads up on it and wrap. Put in the oven.
6. Trim the ends of the asparagus, throwing the tips into the pan whole. Mix and toss, then add some black olives, if using.
7. By now the chicken should be golden underneath, so carefully turn each breast over & add 4 small sprigs of rosemary to the pan. Recover with the greaseproof. Put a medium frying pan on top of the chicken to push it down a bit to help it crisp up. When the chicken is ready, transfer to a serving plate and slice it to make sure it is cooked through. Pour over the juices from the pan and serve with the flatbreads and the veg, so people can help themselves.