



Posted on 17 September 2012
by ewfood

Cheesy Artichoke Chicken



Ingredients

1 tin artichoke bottoms
1oz. crumble goat cheese
0.5oz. chopped fresh chives, divided
1 tsp. chopped fresh thyme, divided
1tsp. grated lemon rind, divided
4 skinned, boned chicken breast halves
pepper to taste
1fl oz. olive oil, divided
½ tsp. cornstarch
juice of half a lemon

Servings

4

Person

Preparation

- 1 Drain artichokes in a colander over a bowl, reserving liquid
- 2 Coarsely chop artichoke bottoms and combine artichokes, cheese, 2tsp. chives, ½ tsp. thyme and ½ tsp. lemon rind in a medium bowl and stir well
- 3 Cut a horizontal slit in thickest portion of each chicken breast half to form a pocket
- 4 Stuff the artichoke mixture into each pocket and season the chicken with pepper
- 5 Heat 0.5fl oz. oil in a skillet over medium-high heat
- 6 Add the chicken breasts, and cook 6 minutes on each side or until the juices run clear indicating that the chicken is done
- 7 Remove chicken from skillet and keep warm on one side
- 8 Add reserved artichoke liquid, ½ tsp. spoon thyme, and ½ tsp. lemon peel to the skillet, combine the cornstarch and lemon juice and add to skillet
- 9 Cover and simmer 2 minutes or until thoroughly heated
- 10 Spoon the sauce over the chicken and garnish with the remaining chives

Cooks Note

Prep Time: 15 minutes; Cook Time: 15 minutes; Serves 4