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Basil Aubergine Chicken

Ingredients

4 chicken breasts
1 large aubergine – sliced thin
1 large red pepper – sliced thin
4 pods of garlic – chopped small
1 or 2 tsp red chili flakes
Bunch of basil leaves
4 tbsp of olive oil
Salt and freshly ground pepper to taste

Preparation

- 1 First slice, rise and salt the aubergine.
- 2 Then sautee the aubergine, red pepper, garlic and chili flakes.
- 3 Make a slit into the side of each chicken breast – ensuring its not cut through fully
- 4 Then stuff each chicken breast with the sauteed mixture and basil leaves.
- 5 Close up each chicken breast with toothpicks – 1 or more depending on the size of the chicken and slit.
- 6 Season to taste with salt, freshly ground pepper and olive oil.
- 7 Now preheat your oven to 180 degrees C or 356 degrees F.
- 8 Place the chicken breasts onto a baking tray and bake in the preheated oven for 20 minutes.
- 9 Serve with lightly toasted bread or basil-infused pasta.

Cooks Note
