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by ewfood

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 - enuring 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