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by Liz Robb

Stilton Stuffed Chicken and Mushroom

Ingredients

2 chicken breasts 100g blue stilton cheese
Olive oil
Butter
Salt and freshly milled black pepper
A few sprigs of fresh thyme
2 small shallots
A fat clove of garlic
150g small chestnut mushrooms
110 ml good vegetable stock or bouillon
1-2 teaspoons of lemon juice
4 heaped tablespoons of low fat crème fraiche
A small handful of fresh parsley

Preparation

1. I love the strong rich flavour of blue stilton cheese, and just a small amount can really liven up a roasted chicken breast, especially when served with a delicious creamy mushroom sauce. At this time of year I like to serve it simply with lovely little jersey royal new potatoes and a selection of fresh steamed seasonal vegetables
2. it's quick enough to make for a weekday meal but good enough to serve for dinner guests too.
3. This recipe serves 2 people.

Cooks Note

1. Preheat the oven to 200 degrees, 180 degrees fan oven.

2. Remove any skin from the chicken breasts then slice them across the middle, not all the way through but enough to form a pocket. Slice the cheese and stuff it into the pockets, bringing the edges of the chicken together again and using cocktail sticks to secure them.

3. Lightly grease a small baking tray and place it in the oven for a few minutes to warm.

4. Heat a small knob of butter and a splash of olive oil in a frying pan and quickly pan fry the chicken in the hot oil and butter, for just 2 minutes on each side, so that the chicken is golden brown. Place the chicken breasts on the warmed baking tray and season with salt and pepper. Sprinkle the thyme leaves over the chicken and bake in the preheated oven for 10-15 minutes, depending on the thickness of the chicken breasts; test with a