



HOME CHEF

# Pesto and Sun-Dried Tomato Stuffed Chicken Breast

With Cauliflower Mash and Garlic Kale



A plain old chicken breast gets a fetch (we're making it happen!) makeover with a robust stuffing of pesto and sun-dried tomatoes. Served beside a cauliflower mash and fresh sautéed kale, this healthy dish is packed with all the flavor and none of the guilt.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE

## NUTRITION

Calories: 622  
Carbohydrates: 33g  
Fat: 34g  
Protein: 64g  
Sodium: 886mg  
*per serving*

## DRINK PAIRING

Stick with a light beer to keep the carbs down, or a full-bodied IPA to maximize taste.



## INGREDIENTS

1 Cauliflower Head  
1 oz. Sun-Dried Tomatoes  
2 Garlic Cloves  
7 oz. Kale  
2 Boneless Skinless Chicken Breasts  
2 oz. Sour Cream  
¼ tsp. Red Pepper Flakes  
1¾ oz. Pesto

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Wire-Mesh Strainer  
Medium Pot  
Small Bowl  
Medium Oven-Safe Pan

## DID YOU KNOW?

Fresh tomatoes lose about 88% of their water content during the 4-10 days they spend in the sun-drying process, but retain almost all of their nutritional value.



## Prepare the Ingredients

Preheat oven to 425 degrees. Place a large wire-mesh strainer (or colander) in the sink. Thoroughly rinse produce and pat dry. Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Bring **cauliflower florets** and enough **water** to cover to a boil over high heat. Coarsely chop **sun-dried tomatoes** and place in a small bowl with hot water to soak for at least 5 minutes. Mince **garlic**. Stem **kale** and coarsely chop. Rinse **chicken breasts** and pat dry.



## Butterfly the Chicken

Lay **chicken breasts** flat on cutting board and, holding a knife parallel to cutting board, make a slit  $\frac{3}{4}$  of the way through the middle, so it can be opened like a book. *This is called “butterflying.”* Season both sides with a pinch of **salt and pepper**. *If your chicken breasts are thinner than pictured, they’ll just cook a bit faster. Don’t worry—they’ll still be delicious!*



## Cook the Cauliflower

Once **cauliflower** is boiling, cook 10–12 minutes, or until cauliflower is fork tender. Strain cauliflower, return to pot over medium heat, and cook 1 minute to evaporate excess moisture. Add **sour cream** and mash with a potato masher or fork. *Don’t worry if cauliflower doesn’t become perfectly smooth.* Stir in **red pepper flakes** (start with half the packet, taste, and then add more, if desired) and  $\frac{1}{4}$  tsp. **salt**. Set aside.



## Stuff and Cook Chicken

Drain **sun-dried tomatoes** in a wire-mesh strainer and return to small bowl. Add **sun-dried tomatoes** and combine. Open each **chicken breast**, scoop half the **pesto-tomato filling** inside each breast, then close. Heat 1 tsp. **olive oil** in a medium oven-safe pan over medium-high heat. Place **chicken** in pan and brown. Carefully flip chicken over, then place pan in oven. Roast for 7–10 minutes or until a minimum internal temperature of 165 degrees is reached. Remove from oven and set breasts on a plate to rest.



## Cook the Kale

Return pan used to cook chicken (no need to wipe clean—the brown bits are full of flavor) to medium heat and add 2 tsp. **olive oil**. Add **garlic** and cook for 30 seconds, or until fragrant. Add **kale** and cook 5 minutes, moving greens around as they cook, until kale is tender. *The pan will be overflowing at first, but kale cooks down to a fraction of its original size.* Season with a pinch of **salt and pepper**.



## Plate the Dish

Slice **chicken**, if desired, and place on plate. Set a scoop of **cauliflower mash** and **kale** alongside chicken.

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