



CHICKEN BREASTS STUFFED WITH OLIVES, SAGE AND WALNUTS.

Serves 4

Ingredients

4 organic chicken breasts, skinless and boneless
150g (5 ½ oz) Kalamata olives, pitted
1 garlic clove
15g (1/2 oz) fresh sage leaves
100g (4oz) walnut halves
4 tbsp mild or medium (not extra virgin) olive oil plus a little extra
Freshly ground black pepper

1. Preheat the oven to 180°C/350°F/gas mark 4. Rub a little olive oil over the base of a roasting tin.
2. Carefully cut a slit in the side of each chicken breast to create a pocket.
3. Blend, or finely chop and mix together the olives, garlic, sage, walnuts and oil until fairly smooth.
4. Stuff each chicken breast with the olive mixture. Rub the excess over the top of each chicken breast and place them in the roasting tin.
5. Put the roasting tin on a baking tray and cook for around 20-25 minutes or until the meat juices run clear. Sprinkle with black pepper before serving.

* Wheat free, gluten free, dairy free.

* Can be made in advance. The chicken can be stuffed and kept in the fridge until needed or cooked and served cold.