

# CHEESE AND CAPSICUM STUFFED CHICKEN SCHNITZEL

**Prep + cook time: 1h Serves: 4**

## Ingredients

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|---|---|
| 4 skinless chicken breasts                                  | 4 tbsp olive oil  |
| 1 large red pepper, cored, seeded, and cut into wide strips | 300 g   2 cups heirloom cherry tomatoes, roughly sliced |
| 200 g   2 cups grated mozzarella                            | 25 g   1 cup basil leaves                               |
| 65 g   1/2 cup plain flour                                  | 4 tbsp extra-virgin olive oil                           |
| 2 large eggs, at room temperature                           | 1 tbsp balsamic vinegar                                 |
| 130 g   2 cups panko breadcrumbs                            | salt  |
| 1 tsp dried oregano   | freshly ground black pepper                             |
1. Preheat the oven to 190°C (170° fan) | 375F | gas 5. Line a large baking tray with a sheet of parchment paper.
  2. Place the chicken breasts on a chopping board and create pockets in them by butterflying them with a sharp knife; be careful not to cut all the way through.
  3. Open them up like a book and season with salt and pepper. Cover one side with pepper strips and the mozzarella before bringing the other side over to enclose them. Season the outsides with salt and pepper.
    4. Place the flour in a shallow bowl and season with salt and pepper. Beat the eggs in a second shallow bowl with some salt and pepper. Place the breadcrumbs in a third shallow bowl and stir in the dried oregano and some salt and pepper to taste.
  5. Working one by one, dust the chicken breasts with the seasoned flour, shaking off any excess. Dip into the beaten egg to coat, and then dredge in the breadcrumb mixture. Arrange on the baking tray and drizzle each chicken breast with 1 tbsp olive oil.
  6. Bake until the chicken is cooked through and the breadcrumbs are golden-brown, about 30-35 minutes.
  7. Remove from the oven and let rest for 5 minutes under aluminium foil. In the meantime, stir together the cherry tomatoes, basil, extra-virgin olive oil, vinegar, and some salt and pepper to taste in a bowl.
  8. When ready, serve the tomato salad with the stuffed chicken breasts.

