



Grilled Herbed Chicken Breasts

Succulent chicken breasts stuffed with breaded herb butter.

Serves : 4
Preparation Time : 10 minutes
Cooking Time : 20 minutes

Ingredients

4 chicken breasts
4 tbsp butter at room temperature
1 small onion, minced or very finely chopped
1 tbsp lemon juice
4 - 5 oz / 110 - 150 g fresh bread crumbs
2 -3 tsp extra butter, melted
salt and pepper seasoning

Herbs & Spices

2 tbsp Parsley Flat Leaf or 2 tbsp Parsley
2 tbsp Dill Leaf

Cooking Instructions

Make a slice into the thickest part of each chicken breast to make a pocket. Season each chicken breast with salt and pepper.

In a bowl, combine the 4 tbsp butter with the herbs, onion and lemon juice. Cream together. Add the breadcrumbs and mix well. Divide the mixture in 4 and stuff into the pockets of the chicken. Secure each breast with a cocktail stick or skewer.

Brush the chicken with the melted butter and place over a hot BBQ or under a grill. After about 10 minutes, turn the chicken over to ensure cooking evenly through.