



Baked Ricotta Chicken

in Tomato Sauce with Ricotta Toasts



20-30min



2 Portions

What we send

- 1 large free-range chicken breast fillet
- zucchini
- sourdough baby baguette ^{1,6}
- dried Italian herbs ¹⁷
- onion
- diced tomatoes
- ricotta ⁷
- carrot
- garlic

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- foil
- oven tray
- small frypan with lid

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

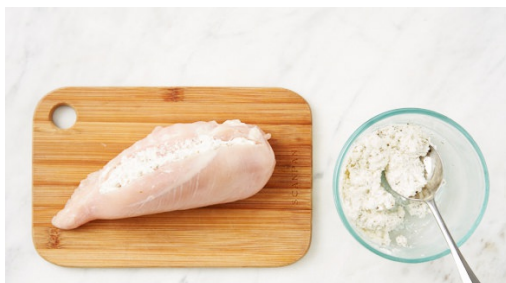
Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Gluten (1), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

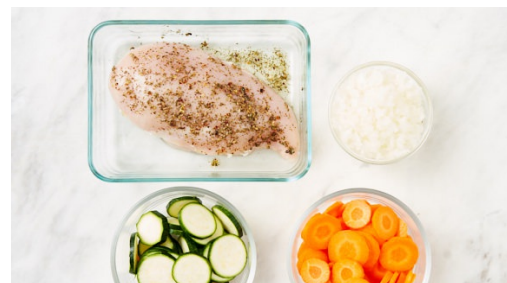
Nutrition per serving

Energy 540kcal, Fat 18.4g, Carbs 37.1g, Proteins 49.3g



1. Stuff chicken

Read through the recipe. Heat oven to 220C (see cooking tip). Crush or finely chop the **garlic**. Combine garlic, **ricotta** and **1 tsp Italian herbs** in a bowl and season with **salt and pepper**. Cut a pocket, horizontally, in the side of the **chicken breast**, without cutting all the way through. Stuff the pocket with **half the ricotta mixture** and press edges to seal.



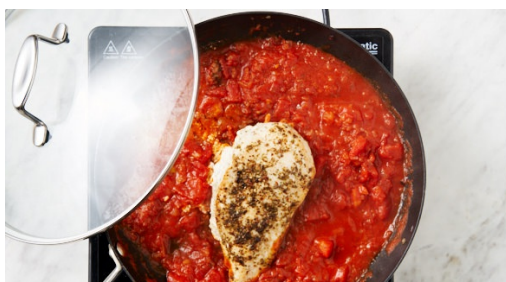
2. Prepare ingredients

Drizzle or rub the **chicken** with **2 tsp olive oil**, scatter over **1 tsp Italian herbs** and season with **salt and pepper**. Finely chop the **onion**. Peel the **carrot** and thinly slice. Thinly slice the **zucchini**.



3. Pan-fry chicken

Heat a medium frypan over medium-high heat. Cook the **chicken** for 1-2 mins each side until browned. Remove from the pan. Add **2 tsp olive oil** to the pan. Cook the **onion** for 3-4 mins until softened.



4. Make sauce

Add the **tomatoes**, **1 tsp Italian herbs**** and **60ml (1/4 cup) water** to the pan and bring to a simmer. Reduce the heat to medium, return the **chicken** to the pan and cook, covered, for 8 mins until chicken is partially cooked and the flavour of the sauce has developed.



5. Make ricotta toast

Meanwhile, line an oven tray with foil. Cut the **baguette** in half horizontally. Spread the **remaining ricotta mixture** on the **baguette halves**. Put on the lined tray and bake for 8 mins or until golden.



6. Cook vegetables

Stir the **carrot** into the **sauce** and cook, covered, for 3 mins. Add the **zucchini** and cook, covered, for a further 3 mins or until the chicken is cooked through. Transfer the **chicken** to a board, rest for 5 mins, then slice. Taste the **sauce**, then season with **salt and pepper**. Divide the **vegetables**, **sauce** and **chicken** among bowls and serve with the **ricotta toasts**.