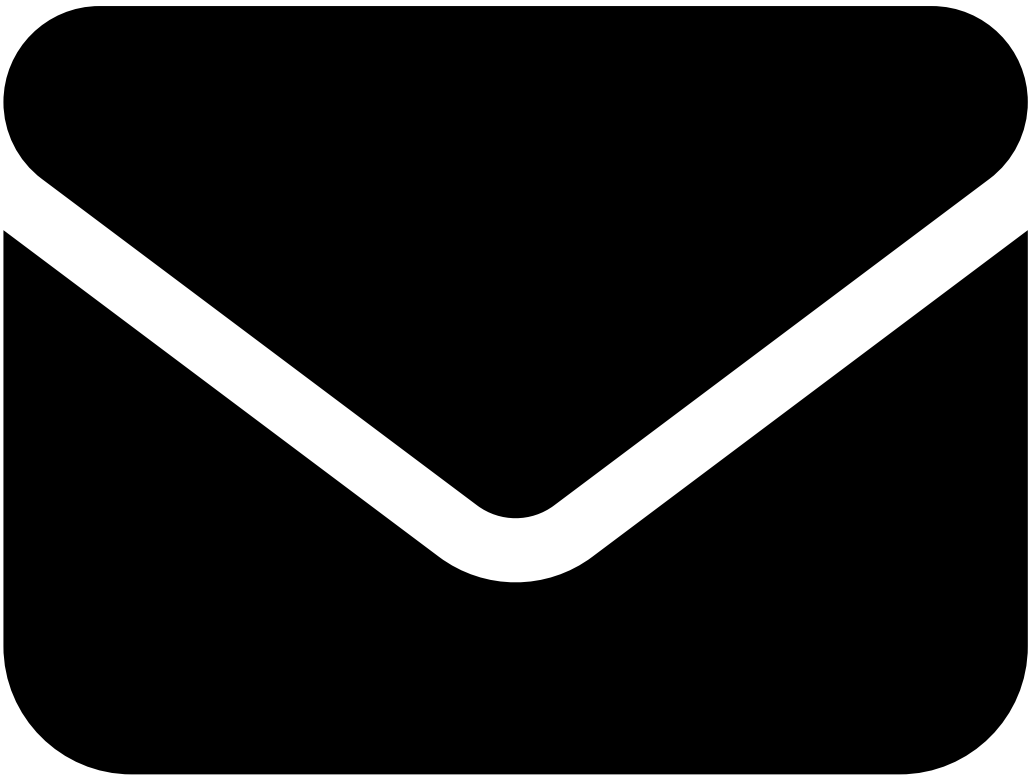
Caprese stuffed chicken breast

Caprese Stuffed Chicken Breast

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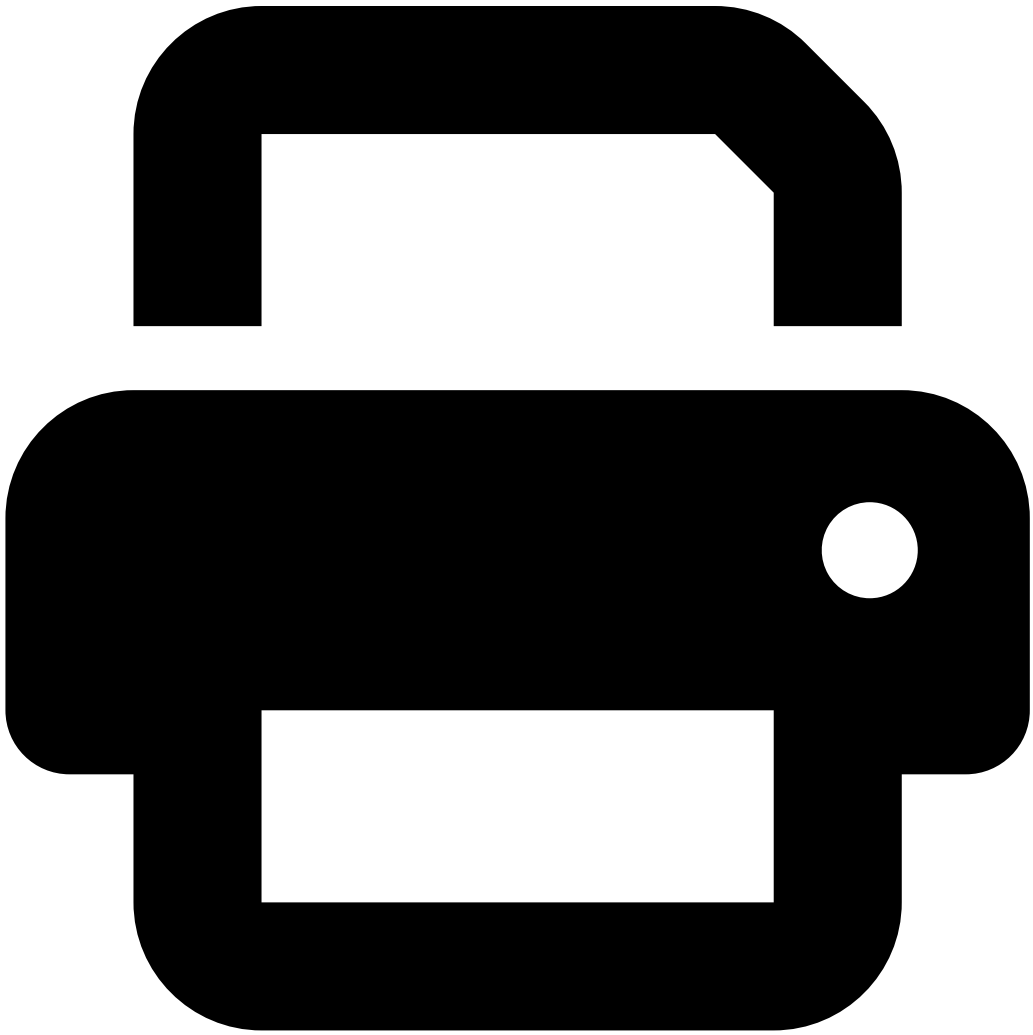









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If your looking for a restaurant – quality meal that’s easy enough for a weeknight dinner, this caprese stuffed chicken breast with asparagus is a must-try. Juicy chicken breast are packed with the classic flavors of caprese- fresh mozzarella, ripe tomatoes and fragrant basil – along with tender asparagus for a wholesome . satisfying dish that’s easy to make and delicious.

Why you’ll love this caprese stuffed chicken breast recipe

Quick and easy: Ready in under 30 minutes

Healthy & Wholesome: Packed with protein, veggies and fresh ingredients

Bursting with flavors: A perfect blend of creamy, tangy, and savory goodness

Make-ahead friendly: Prep and assemble ahead of time, then cook when ready !!

This caprese stuffed chicken breast with asparagus is a delicious dish that’s easy to prepare yet impressive enough to share with friends. Whether you’re looking for a quick week night dinner or a beautiful centerpiece for a special meal, this recipe delivers on both taste and presentation. Give it a try and let me know how it turns out- I’d love to hear your thoughts.

Caprese Stuffed Chicken Breast



Juicy chicken breasts are stuffed with fresh mozzarella, ripe tomatoes, and fragrant basil, then baked until tender and golden. This easy Caprese stuffed chicken is packed with classic Italian flavors and makes a delicious weeknight dinner.

- 2 large chicken breast
- 12 asparagus spears trimmed
- 4 slices fresh mozzarella
- 4 slices thinly sliced tomatoes
- 2 slices thinly sliced prosciutto
- 2 Tbsp. olive oil
- 2 teaspoons each garlic (onion and paprika)
- 2 Teaspoon Italian seasoning
- salt and pepper to taste

1. Preheat your oven to 375- degrees

2. Cut the tough stem ends from the asparagus and blanch in boiling salted water for a few minutes set aside
3. Slice the chicken breast in half and pound thin so that you have four pieces of thinly sliced chicken breast
4. Season the chicken with the garlic, onion, paprika and Italian seasoning. Salt and pepper to taste
5. Add two slices of cheese, followed by one slice of tomatoes and three asparagus spears. Then sprinkle with sliced prosciutto. Top with a few basil leaves
6. Roll them up tightly jelly roll style. Secure with tooth picks
7. Sear the chicken breast in an oven proof pan for about three minutes per side until golden.
8. Transfer the pan to the preheated oven and bake for 15-20 minutes or until the chicken is cooked through.

Main Course
Italian
Caprese stuffed chicken,breast