



## Topped Chicken

Sometimes the simplest recipes are the most effective. This is a speedy but tasty supper, which can be ready inside half an hour. Serve with a crunchy green salad and a glass of red.

### Ingredients

- 2 Chicken breasts
- 4 tbsp olive oil

For the Blue Stilton Topping:

- 50g fresh breadcrumbs
- Large sprig of parsley – finely chopped
- 75g Blue Stilton crumbled
- Serves 2
- Oven Temp: 180oC/Gas Mark 4

### Method

1. Heat the olive oil in a frying pan and gently fry the chicken breasts to seal the chicken pieces.
2. Transfer the chicken pieces onto a baking tray and continue to cook in a preheated oven for 15-20 mins.
3. Whilst the chicken is cooking lightly fry the breadcrumbs over a gentle heat until they have a golden brown colour.
4. Place the cooked breadcrumbs in a bowl and add the chopped parsley and blue stilton.
5. Once the chicken breasts have cooked remove from the oven and carefully top each chicken fillet with Blue stilton topping.
6. Place under a hot grill for 1-2 minutes to allow the topping to warm through and the cheese to melt.