

Broccoli Cheese Stuffed Chicken Breast: Juicy, Cheesy & Flavorful

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OVEN
400°F

TIME
3-5 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

4 boneless, skinless chicken breasts (about 1.5 - 2 pounds total)
2 cups chopped cooked broccoli florets (fresh or frozen, thawed)
 $\frac{1}{2}$ cup shredded cheddar cheese
... cup shredded Parmesan cheese
4 ounces cream cheese, softened
1 small red or green bell pepper, finely minced
2 cloves garlic, minced
1 teaspoon salt, plus more to taste
 $\frac{1}{2}$ teaspoon black pepper, plus more to taste
1 teaspoon paprika
1 teaspoon Italian seasoning
1 tablespoon olive oil

DIRECTIONS

- 1. Prepare the : Chicken:** Carefully cut a deep pocket into the thickest side of each chicken breast. Do NOT cut all the way through to the other side; you want to create a pocket for the stuffing. Pat the chicken breasts dry with paper towels. Season both sides of each chicken breast with 1 teaspoon salt, $\frac{1}{2}$ teaspoon black pepper, 1 teaspoon Italian seasoning, and 1 teaspoon paprika.
- 2. Prepare the : Stuffing:** In a medium bowl, combine the chopped cooked broccoli florets, finely minced red or green bell pepper, softened cream cheese, $\frac{1}{2}$ cup shredded cheddar cheese, ... cup shredded Parmesan cheese, and 2 minced garlic cloves. Stir well until all ingredients are thoroughly combined and creamy. Taste the stuffing and add more salt and black pepper if needed.
- 3. Stuff the : Chicken:** Carefully spoon the cheesy broccoli mixture into the pocket of each seasoned chicken breast. Don't overstuff; ensure the pocket can still close around the filling. You can secure the opening with a toothpick if needed (remember to remove it before serving!).
- 4. Heat : Skillet & Preheat Oven:** Heat the olive oil in a large oven-safe skillet (cast iron or heavy-bottomed stainless steel works great) over medium-high heat on the stove. Preheat your oven to 400°F (200°C).
- 5. Sear the : Chicken:** Once the oil is hot and shimmering, carefully place the stuffed chicken breasts into the skillet. Sear for 3-5 minutes per side, until golden brown and a beautiful crust forms. This step adds incredible flavor and helps to seal in the juices.

6. **Bake the : Chicken:** Once seared, transfer the skillet directly to the preheated oven (if your skillet is oven-safe) or carefully transfer the chicken breasts onto a baking sheet. Cover the baking sheet loosely with aluminum foil. Bake for 20 minutes, or until the chicken is fully cooked through and the internal temperature reaches 165°F (74°C) when measured with an instant-read thermometer at the thickest part (avoiding the stuffing).
7. **Rest & : Serve:** Remove the chicken from the oven. Let it rest for 5 minutes before serving. This allows the juices to redistribute, ensuring tender and moist chicken. Remove any toothpicks. Serve hot.

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are ideal here.

If they are very thick, you might want to pound them slightly to an even thickness to help with stuffing and even cooking.

Broccoli: Cooked broccoli florets are crucial.

You can steam, boil, or even microwave them until tender-crisp, then chop.

TIPS FOR SUCCESS

Don't Cut Through: Be careful when cutting the pocket.

You want a deep pocket, but not a hole through the other side.

Pat Chicken Dry: Dry chicken breasts ensure the seasoning adheres better and you get a nice sear.

Don't Overstuff: Overstuffing can cause the filling to ooze out and make the chicken harder to handle.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/broccoli-cheese-stuffed-chicken-breast-juicy-cheesy-flavorful/>