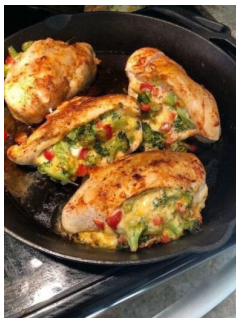


Broccoli Cheddar Stuffed Chicken Breast: The Ultimate 30-Minute Weeknight Dinner

Broccoli & Cheese Stuffed Chicken Breast: The Ultimate 30-Minute Weeknight Dinner



TIME
2-3 min

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INGREDIENTS

Chicken and Seasoning:

- 4 large chicken breasts
- 4 Tbsp of olive oil (divided)
- 1 teaspoon of salt
- 1/4 teaspoon of pepper
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon of paprika

Filling:

- 2 cups of chopped broccoli (cut into small pieces)
- 1/2 cup of shredded cheddar cheese
- 6 ounces of softened cream cheese
- 1 clove of minced garlic
- A dash of salt and pepper

DIRECTIONS

1. Follow these simple steps for a perfect stuffed chicken breast every time:
2. Preheat and : Prep: Preheat your oven to 375°F.
3. Season the : Chicken: In a small dish, mix together the salt, pepper, onion powder, garlic powder, and paprika. Drizzle the olive oil (2 Tbsp) over the chicken breasts and rub the seasoning mixture on the chicken to coat it entirely.
4. Make the : Filling: In a separate bowl, combine the filling ingredients: chopped broccoli, shredded cheddar cheese, softened cream cheese, minced garlic, and a dash of salt and pepper. Mix until fully combined and creamy.
5. Stuff the : Chicken: Using a sharp knife, carefully cut a wide pocket into the side of each chicken breast. Be careful not to cut all the way through to the other side-you want a deep pocket. Stuff each chicken breast with an equal portion of the filling mixture.
6. Sear for : Color: Heat the remaining 2 tablespoons of olive oil in a large oven-safe skillet (cast iron is perfect) over medium-high heat. Sear the stuffed chicken breasts on each side for about 2-3 minutes until they are nicely browned, but not fully cooked. Pro-Tip: You may need to do this in two batches to avoid overcrowding the pan.
7. Bake to : Perfection: Place all 4 chicken breasts in the skillet and transfer the skillet to the oven. Bake for 45 minutes or until the internal temperature of the chicken reaches 165°F on an instant-read thermometer.

8. Rest and : Serve: Let the chicken rest for 5 minutes before slicing and serving. This helps the juices redistribute, ensuring maximum tenderness.

SWAPS & NOTES

Cheese: I love the tang of sharp cheddar, but you can easily swap it out for mozzarella, Monterey Jack, or even a smoked gouda for a deeper flavor.

Broccoli Prep: Be sure to chop the broccoli into very small pieces.

This ensures it softens properly during baking and makes the chicken easier to stuff.

You can use frozen broccoli, just make sure to thaw it and pat it completely dry before mixing.

TIPS FOR SUCCESS

Don't Overstuff: While tempting, resist the urge to pack in too much filling.

If the filling spills out too much, it can dry out.

Aim for a generous but manageable amount.

Use toothpicks to secure the opening if needed, but remove them before serving!

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

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