

## Keto-Friendly Mozzarella Stuffed Chicken: A 30-Minute Gourmet Dinner

Roasted Red Pepper, Spinach, and Mozzarella Stuffed Chicken



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 boneless, skinless chicken breasts: Try to choose breasts that are uniform in thickness.

2 roasted red peppers: You can use jarred peppers (drained) or roast your own. Slice them into thin strips.

1 cup fresh spinach leaves: These will wilt down perfectly inside the chicken.

1 cup shredded mozzarella cheese: For that classic gooey melt.

2 tbsp olive oil: For searing and coating.

1 tsp garlic powder: Adds a deep, savory base.

1 tsp paprika: For color and a hint of smokiness.

1/2 tsp dried oregano: Gives it a Mediterranean flair.

Salt & black pepper: To taste.

Fresh parsley: Chopped, for a bright garnish.

### DIRECTIONS

- 1. Prep the : Oven:** Preheat your oven to 375°F (190°C). Lightly grease a baking dish or have a cast-iron skillet ready.
- 2. Create the : Pocket:** Place the chicken breast flat on a cutting board. Using a sharp knife, slice a pocket into the thickest part of each breast by cutting lengthwise. Be careful not to cut all the way through to the other side.
- 3. Stuff the : Chicken:** Evenly divide the roasted red pepper strips, fresh spinach, and mozzarella cheese among the four chicken breasts. Stuff the ingredients deep into the pocket. If they seem like they might fall out, secure the opening with two or three toothpicks.
- 4. Seasoning:** In a small bowl, whisk together the olive oil, garlic powder, paprika, oregano, salt, and pepper. Rub this mixture generously over both sides of the stuffed chicken breasts.
- 5. The : Sear:** Heat a large skillet over medium-high heat. Once hot, sear the chicken for 2-3 minutes per side. You are looking for a beautiful golden-brown crust.
- 6. The : Bake:** Transfer the chicken to your baking dish (or simply put the skillet in the oven if it's oven-safe). Bake for 20-25 minutes.
- 7. Check for : Doneness:** The chicken is ready when the internal temperature reaches 165°F (74°C).
- 8. Rest and : Serve:** Remove the toothpicks, garnish with fresh parsley, and let the chicken rest for 5 minutes before serving to keep the juices locked in.

## SWAPS & NOTES

**The Cheese:** If you want a sharper flavor, try swapping mozzarella for provolone or even a dollop of goat cheese.

Thinly sliced kale or even a little bit of arugula works well.

**The Peppers:** If you don't have roasted red peppers, sun-dried tomatoes make an excellent, tangy substitute.

**Chicken Prep:** To ensure the chicken stays juicy, avoid over-cutting.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** When searing, make sure the chicken breasts aren't touching.

This ensures they brown rather than steam.

**Dry the Chicken:** Pat the chicken dry with paper towels before seasoning.

This helps the oil and spices stick and results in a better sear.

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

Original recipe: <https://chefmaniac.com/keto-friendly-mozzarella-stuffed-chicken-a-30-minute-gourmet-dinner/>