

Baked Asparagus and Mozzarella Stuffed Chicken Breast

Asparagus Stuffed Chicken Breast

OVEN
375°F

TIME
35 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

4 boneless, skinless chicken breasts
12 asparagus spears, trimmed
1 cup mozzarella cheese, shredded
1 teaspoon garlic powder
1 teaspoon paprika
Salt and black pepper, to taste
2 tablespoons olive oil
Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Preheat the oven. Set your oven to 375°F (190°C).
2. Prepare the chicken. Place each chicken breast between two sheets of plastic wrap and gently pound them to an even thickness.
3. Season the chicken. Sprinkle garlic powder, paprika, salt, and black pepper evenly on both sides.
4. Add the filling. Place three asparagus spears and a portion of shredded mozzarella on one end of each chicken breast.
5. Roll the chicken. Roll each breast tightly around the filling and secure with toothpicks or kitchen twine.
6. Sear the chicken. Heat olive oil in an oven-safe skillet over medium-high heat. Sear the chicken for about 2 minutes per side until golden.
7. Bake the chicken. Transfer the skillet to the oven and bake for 20-25 minutes until the chicken is fully cooked and the cheese is melted.
8. Serve. Remove toothpicks, garnish with chopped parsley, and serve warm.

SWAPS & NOTES

Chicken Breasts Try to choose evenly sized chicken breasts so they cook at the same rate.

Cheese Options Mozzarella provides a creamy melt, but provolone, fontina, or Monterey Jack also work well.

Extra Flavor Boost Add sun-dried tomatoes or a sprinkle of Parmesan inside the chicken for extra richness.

Vegetable Variations Green beans or spinach can be used instead of asparagus if desired.

TIPS FOR SUCCESS

Pound the chicken evenly Uniform thickness helps the chicken cook evenly and prevents dry edges.

Don't overstuff Too much filling can cause the chicken to unroll while cooking.

Use an oven-safe skillet This makes it easy to transfer directly from stovetop to oven.

Check the internal temperature Chicken should reach 165°F (74°C) to ensure it's fully cooked.

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

Original recipe: <https://chefmaniac.com/baked-asparagus-and-mozzarella-stuffed-chicken-breast/>