

## Broccoli and Cheese Stuffed Chicken Breast Recipe for a Cozy Family Dinner

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**OVEN**  
**375°F**

**TIME**  
**45 min**

**TEMP**  
**165°F**

**METHOD**  
**Air fryer**

### INGREDIENTS

For the chicken:

- 4 large chicken breasts
- 4 tablespoons olive oil, divided
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika

For the filling:

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

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 375°F.
2. Season the chicken: In a small dish, mix together the salt, pepper, onion powder, garlic powder, and paprika. Drizzle olive oil over the chicken breasts, then rub the seasoning mixture all over each piece to coat them well.
3. Make the filling: In a separate bowl, combine the chopped broccoli, shredded cheddar cheese, softened cream cheese, minced garlic, and a dash of salt and pepper. Mix until everything is evenly combined.
4. Cut pockets in the chicken: Using a sharp knife, cut a wide pocket into each chicken breast, being careful not to slice all the way through.
5. Stuff the chicken: Divide the broccoli and cheese filling evenly among the chicken breasts, gently pressing the filling into each pocket.
6. Sear the chicken: Heat 2 tablespoons of olive oil in a large oven-safe skillet over medium-high heat. Add the stuffed chicken breasts and sear them on each side until browned, but not fully cooked through. Depending on the size of your skillet, you may need to do this in batches.
7. Bake: Once all the chicken breasts are browned, place them in the skillet and transfer the skillet to the oven. Bake for about 45 minutes, or until the chicken is fully cooked.

### SWAPS & NOTES

Cheddar gives the filling a sharp, classic flavor, but you can

swap in mozzarella, Monterey Jack, or a cheese blend if that is what you have on hand.

Make sure the broccoli is chopped into small pieces so it mixes evenly into the filling and fits neatly inside the chicken pockets.

If you want a slightly softer filling, you can quickly steam the

broccoli before mixing it with the cheese.

Softened cream cheese is important here because it blends much more easily with the broccoli and cheddar.

## TIPS FOR SUCCESS

Do not cut the chicken pockets too deeply.

You want enough room for the filling, but the chicken should still hold together while cooking.

If any filling spills out during searing or baking, do not worry.

That happens sometimes, and the extra cheesy bits in the skillet are still delicious.

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

Original recipe: <https://chefmaniac.com/broccoli-and-cheese-stuffed-chicken-breast-recipe-for-a-cozy-family-dinner/>