Golden Panko Fontina Stuffed Chicken

35 Minutes to the Table

15 Minutes Hands On

2 Whisks Easy

This dinner is all about crispy comfort with a fresh finish. Chicken breasts are stuffed with creamy fontina and spinach, rolled and coated in golden panko before roasting alongside tender broccoli. Finished with a squeeze of bright lemon, it's rich, satisfying, and perfectly balanced.

Getting Organized

EQUIPMENT
- Large Skillet
- Baking Sheet

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper
- Egg (1)

7 MEEZ CONTAINERS
- Spinach
- Seasoned Fontina Cheese Sauce
- Chicken Breast
- Toothpicks
- Panko Breading
- Broccoli
- Lemon

Good to Know

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg…*ever*.

Health snapshot per serving – 660 Calories, 27g Fat, 53g Carbs, 62g Protein, and 12 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breasts, Broccoli, Spinach, Panko, Fontina, Cream Cheese, Parmesan, Cream, Garlic, Basil, Lemon, Onion Powder, Kosher Salt, Paprika, Thyme, Black Pepper.

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1. **Get Organized**
   Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

2. **Create the Cheesy Filling**
   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the ***Spinach*** and cook until wilted, about 2 minutes. Turn off the heat and add the ***Seasoned Fontina Cheese Sauce***. Stir until the cheese sauce is fully melted and combined with the spinach. Set aside still in the skillet until the next step.

3. **Prepare the Chicken**
   Very loosely wrap each ***Chicken Breast*** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than ¼" thick and has at least doubled in size.

   Unwrap the chicken and place on a cutting board with the wide end facing you (imagine a piece of paper in landscape mode.) Place half the spinach cheese mix down the middle of one of the chicken breasts lengthwise, then tightly roll away from your body, stuffing the cheese and spinach inside. Secure the stuffed breast with three of the ***Toothpicks***. Repeat for each breast.

   Spread the ***Panko Breading*** on a large plate. Whisk 1 egg in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure they are well coated on all sides.

4. **Bake the Chicken and Broccoli**
   Place the breaded chicken breasts (with the toothpicks secure) on one half of the baking sheet. On the other half of the baking sheet, toss the ***Broccoli*** with olive oil, salt and pepper and arrange in a single layer. Bake until the breading is golden brown, the chicken is fully cooked, and the broccoli starts to char and is fork tender, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

5. **Put It All Together**
   Serve roasted broccoli alongside the stuffed chicken and top with a squeeze of the ***Lemon***. Enjoy!

If the broccoli finishes prior to the chicken being fully cooked, remove it from the baking sheet and transfer to serving plates.

Instructions for two servings.