

# Red Pesto Chicken

**Serves 2**

**Per Serving**

**315 Cals**

**12g Fat**

## **Ingredients:**

2 medium chicken breasts (250g)

70g extra light cream cheese

2tbsp red pesto

1 tsp dried basil

25g of strong cheddar or parmesan grated

## **Cooking instructions:**

1. Preheat oven to 190°C
2. Mix together the cream cheese, basil and pesto to make a paste.
3. Slice into the chicken breasts horizontally to make an opening.
4. Fill the openings with the paste
5. Put the chicken breasts in an oven proof dish and sprinkle over the grated cheese, cover with foil or a lid.
6. Bake for about 35 mins.