



STUFFED CHICKEN WITH FETA, SPINACH AND RED ONION

METHOD

1. Preheat oven to 180 degrees Celsius
2. Slice the red onion thinly
3. Slice slits on top of the chicken fillets, about 4.
4. Mix the BBQ spice into the oil with the garlic, brush over each chicken fillet.
5. Fill each slit with a slice of feta cheese, red onion and spinach.
6. Drizzle over a little more oil, season with salt and pepper.
7. Bake for 35-40 min

Recipe by:

THE MOM NEXTDOOR
ALL THINGS MOMMY & MORE



COOKING
+/- 40 MINUTES



SERVES
4 - 6



RECIPE BY
MARGEUX BURTON



INGREDIENTS

- 3 - 4 chicken fillets, sliced on top
- 1 teaspoon Cape King Foods BBQ Spice
- 2 Tablespoons Oil
- 1 clove Garlic, chopped finely
- 2 blocks Feta Cheese sliced
- 1 red onion sliced thinly
- 1 handful of spinach leaves
- Salt and pepper to taste



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