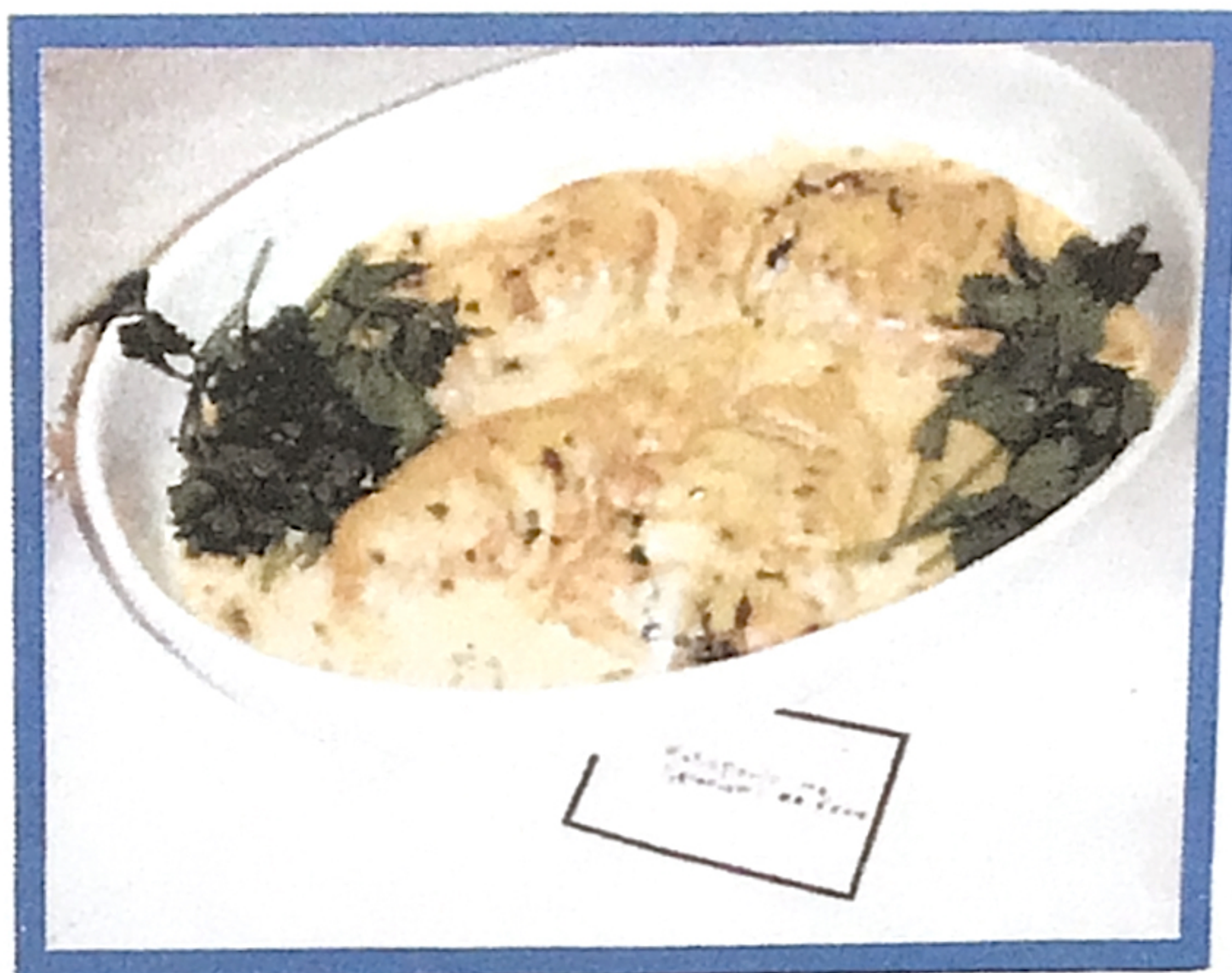


Chicken with spinach and feta

Ingredients:

- ¾ Bunch (about 500g) English spinach
- 75g feta cheese, crumbled
- 4 single chicken breast fillets
- 1 tbsp olive oil
- 1/3 cup (80ml) cream
- 2 tbsp chopped fresh parsley.



Serves 4

SAUCE

- 60g butter
- 2 tbsp plain flour
- 1 cup (250ml) chicken stock
- 1 cup (250ml) dry white wine

Directions:

Add washed spinach to pan, cook, stirring, until just wilted: drain well, cool.

Combine spinach and cheese in bowl. Cut pocket in side of chicken, fill with spinach mixture; secure with toothpicks.

Heat oil in pan, add chicken, cook until browned. Stir in sauce, simmer, covered, 25 minutes. Stir in cream and parsley, stir until heated through.

SAUCE: Melt butter in pan, add flour, stir over heat until bubbling. Remove from heat, gradually stir in stock and wine, stir over heat until sauce boils and thickens.

Mary Briscoe