

Chicken Breasts Filled With Blacksticks Blue Cheese



Ingredients

Serves 4

4 boneless skinless chicken breasts flattened out (ask your butcher with a smile)
200g Blacksticks Blue cheese (50g per breast)
Washed watercress
2 Conference pears - halved, cored and cut lengthways (place in cider vinegar to stop discolouring)
1 tablespoon rapeseed oil
1 teaspoon cider vinegar
Salt and pepper to taste



Method

Place a square of cling film on work surface, put chicken breast on top and cover with cling film - beat with a rolling pin to flatten.

Take off top layer of cling film and put 50g of blue cheese in centre of chicken. Fold over edges of chicken then fold over rest of chicken.

Now roll into a sausage shape with cling film and tie ends tight. Put in fridge for ten minutes to firm up. Repeat with the remaining breasts.

Put enough water into a saucepan to cover the four chicken rolls and bring to boil. Place rolls in the pan and simmer for 7-8 minutes.

Meanwhile, mix watercress and pears with vinegar and oil - add salt and pepper to taste.

To serve

Place a mound of salad in a large bowl, unwrap chicken and slice into two. Place chicken on top of the salad with the sliced pears arranged in a fan shape.

Note:

The cheese will be runny and flavour the salad. Goats' cheese or any other strongly flavoured British cheese can be used as a alternative.

**For more recipe ideas and cooking tips visit
www.greatbritishchicken.co.uk**