

## Chicken stuffed with sweet corn

Serves 4

Sauce

**3tbsp butter**

**2 onions, chopped**

**2tsp crushed garlic**

**4tbsp red wine vinegar**

**1 tin chopped tomatoes**

**1tbsp chopped fresh herbs**

**1tbsp sugar**

**salt and pepper**

*Chicken and filling*

**250g frozen sweet corn, thawed**

**100g dried apricots, chopped**

**100g cottage cheese**

**4 chicken quarters**

**2tbsp fruity chutney**

*To serve*

**Mixed vegetables**

- 1 Make the sauce first. Melt the butter and fry the onions and garlic gently, stirring, until soft. Stir in the vinegar, tomatoes, herbs with sugar and season to taste. Pour the sauce into an ovenproof baking dish. Preheat the oven to 180°C/gas mark 4.
- 2 Mix together the sweet corn, apricots and cottage cheese in a bowl. Divide into four portions. Loosen the skin around the chicken and push one portion of the stuffing under the skin. Tuck the skin back round the stuffing and secure with cocktail sticks.
- 3 Arrange the chicken pieces in the baking dish on top of the tomato sauce, and spread ½ tablespoonful of chutney on top of each piece of chicken.
- 4 Bake uncovered for about 30 minutes, until the chicken is tender, golden brown and cooked through.
- 5 Remove the cocktail sticks from the chicken and serve with the sauce and mixed vegetables.

Fat	26g	Saturated fat	12g	Energy	461kcal		
Protein	25g	Sodium	1.1g	Fibre	7g	Carbs	33g



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