

Keto Spinach & Feta Hasselback Chicken

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving): Total carbs: 2.6 g, Fiber: 0.6 g, **Net carbs: 2 g**,

Protein: 44.5 g, Fat: 18.4 g, Calories: 362 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

6 medium chicken breasts, skinless and boneless (1 kg/ 2.2 lb)

125 g fresh spinach (4.4 oz)

125 g feta cheese (4.4 oz)

3/4 cup shredded mozzarella (85 g/ 3 oz)

salt and pepper, to taste

3 tbsp [extra virgin olive oil](#) (45 ml)

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Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional). Pat dry the chicken breasts with a paper towel.
2. Place the spinach in a pan over medium heat and cook for just 30-60 seconds until wilted.
3. Crumble the feta in with the spinach and stir until melted and creamy. Season with salt and pepper.
4. Cut slits into the top of your chicken breasts, about 1 cm (0.4 inch) apart. To make sure that you don't accidentally cut right through the chicken, place a wooden spoon or other implement next to the chicken to use as a guide.
5. Using a spoon and your fingers, stuff the slits with the spinach mixture.
6. Top the chicken breasts with mozzarella cheese and cook for 20 minutes.
7. Finally, broil under the grill for another 5-10 minutes until browned. Slice and drizzle with olive oil. Serve on its own or with a bowl of crispy green salad dressed in olive oil and lemon juice, or [homemade mayo](#).
8. Store in the refrigerator, wrapped for 3 days.

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