

Helergon Kitchen

Copycat Morton's Chicken Breast Recipe

20 min Prep time	**35 min** Cook time	**55 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Chicken Seasoning

- [ ] 4 boneless skinless chicken breasts (about 1½ inches thick)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp garlic powder
- [ ] ½ tsp smoked paprika
- [ ] salt and black pepper, to taste

Creamy Stuffing

- [ ] ½ cup cream cheese, softened
- [ ] ½ cup ricotta cheese
- [ ] 1 cup fresh baby spinach, chopped
- [ ] ½ cup sun-dried tomatoes, finely chopped
- [ ] ¼ cup grated Parmesan cheese
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp chopped fresh parsley
- [ ] 2 tbsp unsalted butter, melted
- [ ] ¼ cup dry white wine (optional)
- [ ] a pinch of salt

Baking & Sauce

- [ ] ¼ cup chicken broth
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tsp lemon juice
- [ ] 2 cloves garlic, minced
- [ ] a splash of white wine

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). While that's warming up, gently pat your chicken breasts dry with a paper towel—it just helps the seasoning stick better, you know?

2. In a small bowl, stir together the olive oil, oregano, garlic powder, smoked paprika, salt, and pepper. I mean, it smells wonderful already. Just brush both sides of each breast with this mixture until they're well coated.

3. Now for the heart of the dish. In a medium bowl, mix the cream cheese, ricotta, chopped spinach, sun-dried tomatoes, Parmesan, lemon zest, parsley, melted butter, white wine (if you're using it), and a pinch of salt. Gently press this lovely filling between the two halves of each chicken breast to create a stuffed roll.

4. Carefully place those stuffed breasts seam-side down into a greased baking dish. Drizzle any remaining melted butter over the top and add a light dusting of extra Parmesan. It's the little things that count, right?

5. Pour the chicken broth into the dish and cover it tightly with foil. We want to keep all that moisture inside.

6. Bake for 25 minutes. Then, remove the foil—wow, the aroma is usually hitting you now—baste the chicken with the pan juices, and bake uncovered for another 10 minutes. You're looking for an internal temperature of 165°F (74°C).

7. Let the chicken rest for about 5 minutes. I know it's hard to wait, but it really makes a difference. Then, go ahead and slice it into thick, beautiful slices.

8. While the meat rests, whisk together the Dijon mustard, lemon juice, minced garlic, and a splash of white wine for a quick beurre blanc. Heat it in a small saucepan until it's about 70°F (21°C) and sizzling just slightly.

9. Plate your sliced chicken breast, drizzle that warm beurre blanc right over the top, and finish it off with a sprinkle of fresh parsley. Just lovely.

Nutrition per serving

350 kcal	28 g	9 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The white wine is optional, but it adds a nice depth to the stuffing.
- Basting the chicken halfway through ensures a golden top and juicy meat.
- Ensure the cream cheese is fully softened to avoid lumps in the filling.