

## Stuffed Chicken Breast with Goat Cheese, Blueberries and Maple

### Ingredients

4 Chicken breasts  
2 Tbsp fresh herbs  
2 Tbsp olive oil  
3/4 cup goat cheese  
2 Tbsp chopped pecans  
salt and fresh ground pepper to taste

### Sauce:

1 Shallot, chopped  
1/4 cup Dried wild blueberries  
1/2 cup Veal stock  
4 drops Tabasco  
2 cups Red wine  
2 Tbsp Maple syrup  
1 cup Chicken stock  
Salt and pepper to taste

### Method

1. Combine the goat cheese with the pecans and fresh chopped herbs. Stuff the four chicken breasts.
2. Warm up skillet, add the olive oil, season the chicken breast, and sauté to a golden brown on each side.
3. Bake in the oven for 7 minutes (note some of the cheese will seep out, enough will remain to both eat with the chicken breast and flavor the meat as it is cooking).
4. For sauce, warm up a saucepan, add ½ Tbsp butter and sauté the shallot, season with salt and pepper, add the dried blueberries, red wine, maple syrup, stocks, and tabasco. Reduce by ¾, check the seasoning, whisk in the remaining butter and the sauce is ready to serve.
5. Makes 4 servings.

Recipe compliments of Taste of Nova Scotia.