CRAB-STUFFED CHICKEN

Category: Crab

Published: January 29, 2025

Crab-Stuffed Chicken

Crab-Stuffed Chicken is a luxurious and savory dish that combines the tenderness of chicken breasts with a flavorful, rich crab stuffing.

The combination of succulent crab meat, cream cheese, and delicate seasonings creates a filling that complements the mild flavor of the chicken perfectly.

This dish is ideal for a special occasion, a festive dinner, or even a weekend meal that will impress your family and friends. With its satisfying flavors and elegant presentation, Crab-Stuffed Chicken is a delightful choice for anyone who enjoys both seafood and poultry.

Ingredients:

For the Crab Filling:

1/2 lb fresh crab meat (or canned, drained, and patted dry)

4 oz cream cheese, softened

1/4 cup mayonnaise

1/4 cup grated Parmesan cheese

1 tbsp fresh parsley, chopped

1 tsp Dijon mustard

1/4 tsp garlic powder

1/4 tsp onion powder

Salt and pepper to taste

1 tbsp lemon juice

1 tbsp breadcrumbs (optional for added texture)

For the Chicken:

4 boneless, skinless chicken breasts

Salt and pepper to taste

1 tbsp olive oil

1 tbsp butter (optional for added richness)

1/2 tsp paprika (for garnish)

Fresh parsley for garnish

How to Make:

Prepare the Crab Filling: In a medium bowl, combine the crab meat, cream cheese, mayonnaise, grated Parmesan, fresh parsley, Dijon mustard, garlic powder, onion powder, lemon juice, and a pinch of salt and pepper. Stir gently to combine, making sure the crab meat is evenly distributed throughout the filling. If you like a little extra texture, add the breadcrumbs to the mixture. Set aside.

Prepare the Chicken Breasts: Preheat your oven to 375°F (190°C). Use a sharp knife to cut a pocket into each chicken breast by slicing horizontally along the thickest part, being careful not to cut all the way through. The pocket should be deep enough to hold the crab filling.

Stuff the Chicken: Season the chicken breasts with salt and pepper. Stuff each pocket with the crab filling, using about 1/4 of the mixture for each breast. Use toothpicks to secure the opening of the chicken, ensuring the stuffing stays in place while cooking.

Cook the Chicken: Heat the olive oil and butter (if using) in a large oven-safe skillet over medium-high heat. Once the oil is hot, add the stuffed chicken breasts to the skillet and sear them for 2-3 minutes on each side until golden brown. This will help lock in the juices and give the chicken a beautiful color.

Finish in the Oven: Once the chicken is seared, transfer the skillet to the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). The crab filling should be bubbly and slightly golden on top.

Serve: Remove the chicken from the oven and discard the toothpicks. Sprinkle the chicken with paprika for color, and garnish with fresh parsley before serving. Serve the Crab-Stuffed Chicken with your choice of side dishes, such as roasted vegetables, mashed potatoes, or a light salad.

Chef's Note:

For an extra layer of flavor, consider adding a bit of garlic, chopped green onions, or a squeeze of lemon zest to the crab filling. If you don't have fresh crab, you can use imitation crab, but fresh crab meat will give the dish the best flavor and texture. To make the dish even richer, top the stuffed chicken with a creamy white wine sauce or a drizzle of melted butter. This dish is perfect for impressing guests and can easily be doubled for larger groups.

Nutrition Information (per serving, 1 chicken breast):

Calories: 410

Protein: 45g

Carbohydrates: 7g

Fat: 24g

Saturated fat: 7g

Cholesterol: 130mg

Sodium: 580mg

Fiber: 1g

Sugars: 2g

Crab-Stuffed Chicken is a perfect combination of flavors and textures, offering a satisfying and indulgent meal. Whether you're preparing it for a special celebration or just looking to elevate your weeknight dinner, this dish will surely become a favorite in your recipe collection. The combination of tender chicken and creamy crab filling is simply irresistible!