

## SWISS CHICKEN PARCELS



### Chicken

- 6 chicken thigh fillets
- ½ cup plain flour
- 80g butter
- 1 cup dry white wine
- ½ cup chicken stock

### Sauce

- 2 tsp French mustard
- 1 tsp crushed garlic
- ½ cup chopped shallots
- 1 cup cream

### Parcels

- 12 sheets filo pastry
- 100g butter
- 6 slices smoked ham
- 5 slices Swiss cheese
- 6 blanched spring onions (green ends for ties)

1. Preheat oven to 180°
2. Coat chicken in flour. Melt 80g butter in a large pan and fry fillets until golden brown on both sides. Add wine and stock and simmer, covered, for 15 minutes. Remove fillets, allow to cool, and then cut into bite sized pieces.
3. Add mustard, garlic, shallots, and cream to the pan. Cook gently until sauce thickens.
4. Melt remaining butter (100g). Take a sheet of pastry, brush with melted butter. Place another sheet over the top, and then cut in half to form two rectangles. Place one rectangle on top of the other to form a cross shape. Place a slice of ham in the centre of the pastry and then a slice of cheese. Place 2-3 tablespoons of chicken on top of cheese. Coat with 1 tablespoon sauce mixture. Fold up each of the corners of pastry to form a bundle. Tie up bundle with a blanched shallot. Place on a greased oven tray. Repeat with remaining pastry.
5. Brush bundles with remaining butter: Bake 20 minutes or until golden.

**Makes 6**

→ *Filo pastry needs to be properly thawed before unrolling or it may crack. Keep pastry pile covered with a damp (not wet) tea towel as much as possible to prevent it from drying out.*

→ *Leftover sauce is good! Best to have some extra to pour over cooked parcels as the pastry can get a little dry. If you don't have much source left after assembling parcels, add some cream which will thin and bulk it up. Or consider making 1½ quantity of the sauce in the first place!*