

## Chinese Chicken Parcel

Cooked in a foil parcel, this aromatic dish not only tastes good, it also retains its moisture as it steam cooks and best of all leaves no dishes to clean.



This recipe serves one so multiply everything for each extra person.

- 1 chicken breast
- 1 red pepper, sliced
- 2 star anise
- 1 tsp sesame oil
- ½ inch piece of ginger, grated
- 2 tsps. light soy sauce
- 1 tsp honey
- ½ onion, sliced
- 2 cloves
- Salad Leaves to serve

Preheat oven to 180°C.

Lay out a sheet of foil horizontally and then lay another sheet of foil across the first but this time vertically so that you have a cross shape.

Now, in the centre of your cross shape, place your chicken breast, peppers and onions. Drizzle over the sesame oil, honey and soy sauce. Sprinkle over the cloves, grated ginger and finally place the star anise on top.

Bring 2 opposing ends of the foil up to meet and fold over to seal the edges. Then bring the next 2 sides up to meet and fold these together too. Your parcel should now be sealed completely.

Place this onto a tray and then into the oven. Leave to cook for 25-30 mins. Check that your chicken is cooked through by cutting it in half. Make sure the chicken is piping hot and there are no signs of any pink inside the chicken as timing will depend on the size of the chicken breast.

Serve this over some fresh spinach or salad leaves and you're good to go.