

Chicken and Pancetta Parcel



This is a 5 minute prep dish and takes 20 mins to cook – no pans or pots to wash!!

- One chicken breast per person
- A mixture of vegetables – I used tender stem broccoli, butternut squash (pre chopped) and asparagus
- 200g diced pancetta or smoked bacon pieces
- Olive oil
- Juice of one lemon
- Pinch of fresh ground pepper
- Foil for making your parcel

Pre heat your oven to 210°C

Make a large cross with 2 sheets of foil by laying one sheet horizontally and one vertically over the top. Place the chicken on the foil, topped with the veg. Drizzle over a teaspoon of olive oil and the lemon juice and top with the pancetta/bacon pieces. Grind some pepper over everything.

Bring 2 opposite ends of the foil together and seal them then bring the other 2 ends of foil together and again make sure they are sealed so you have one large parcel that the chicken and vegetables can steam in.

Pop this into the oven for approx. 20mins and serve with some wholegrain rice or quinoa 😊 Chicken breasts can vary in size so please cut one in half to make sure they are cooked. If they are still slightly pink inside, wrap them back up and give them a few more minutes.

Be careful when opening the foil as the steam will come out fast and needless to say can burn your hands!! Ouch!