



CHICKEN & SPINACH FILO PARCELS WITH ALMOND GREEN SALAD

Serves 4 | Serves of Veg 5 | 0:20 Prep | 0:35 Cook



NUTRITION PANEL

	Per Serve
Weight	414.489 g
Macro-Nutrients	
Energy	2343.792 kJ
Protein	37.685 g
Fat	31.386 g
Carbohydrate	28.064 g
Sugars	13.213 g
Fibre	8.049 g
Vitamins	
Vit.C	42.319 mg
Folate-Total	177.516 µg
Beta carotene	6174.834 µg
Minerals	
Sodium	939.298 mg
Potassium	1241.608 mg
Magnesium	164.316 mg
Iron	3.840 mg

SHOPPING LIST



Chicken Breast



Brown Onion



Butter



Garlic



Plain Flour



Milk



Baby Spinach



Mixed Leaves



Balsamic Vinegar



Dijon Mustard



Honey



Silver Beet



Lemon Zest



Olive Oil



Dried Tarragon



Salt & Pepper



Filo Pastry



Sesame Seeds



Red Onion



Cucumber



Flaked Almond



Carrot

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Ingredients

Parcel Filling

- 400 g Chicken breasts, cut in half
- 1 tbs Butter, unsalted
- 1 Onion, finely chopped
- 2 Cloves garlic, crushed
- 2 tbs Plain flour
- 1 cup Milk
- 200g Fresh Spinach
- 150g Fresh silver beet
- ½ Lemon, for zest
- 1 tsp Dried tarragon
- Salt & Pepper, to season

Filo Parcels

- 1 tbs Butter, melted, for brushing
- 1 tsp Olive oil
- 8 sheets Filo pastry
- 1 tsp Sesame seeds

Dressing

- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- ¼ cup Extra virgin olive oil
- ¼ cup Flaked almond
- Salt & Pepper, to taste

Salad

- 80g Salad leaves
- 1 cucumber, sliced
- 1 Carrot, grated
- ¼ Red onion, thinly sliced

Recipe Steps



1. Preheat oven to 180°C (160°C fan-forced).
2. Place the **chicken breasts** into a pot and cover with water. Bring to a simmer and cook for 10 minutes or until cooked through. Once cooked, Remove and cool until easy to handle and shred into pieces.
3. While chicken cooks, In a medium sized saucepan melt the **butter**. Add the **onion** and **garlic** cooking for 2 or 3 minutes without browning. Add the **flour** and cook for 1 minute. Slowly add the **milk**, stirring until the sauce has thickened.
4. Chop spinach and silver beet roughly.
5. Into a large bowl combine the **spinach, silver beet, lemon zest, tarragon, white sauce, chicken** and season well. Set aside for 10 minutes to cool slightly.
6. When ready to assemble filo parcels; place one sheet of **filo** on the bench, brush with **butter** and top with another sheet. Place a quarter of the mixture at one end then fold and roll into a parcel. Place onto a baking tray, and continue to make the remaining parcels. Brush with the melted butter and sprinkle with **sesame seeds**.
7. Bake for 20 minutes or until golden and crisp.
8. For the salad: lightly toast the **flaked almonds** on a hot dry frying pan – approx.. 2 minutes.
9. Whisk together with a fork the **balsamic vinegar, Dijon mustard, honey** and **toasted almonds**. Add ½ extra virgin olive oil, whisk to combine and then whisk in the remaining until fully emulsified. Pour over **salad leaves, grated carrot, sliced cucumber** and **onion**.

Recipe Notes

- Wrap any leftover pastry well and use on another occasion. It will last in the fridge for 2 weeks.
- Filo parcels are freezer friendly: simply wrap made parcels securely, when ready to cook, put straight in hot oven for 35 minutes for an easy weeknight meal.