

Chicken and tarragon filo

SERVES: 2

INGREDIENTS



1 teaspoon oil



1 chicken breast, halved



2 tablespoons softened butter



1 teaspoon dried tarragon



4 sheets filo pastry



2 tablespoons melted butter



16 beans, topped and tailed



2 small carrots, sliced into batons



15 grams extra butter

Preparation

50
mins

Cooking

20
mins

Serving & Presentation

5
mins

Total time:

75 MINUTES

METHOD

- 1 Preheat oven to 180°C.
- 2 Heat oil in a frying pan and lightly brown chicken on all sides. The chicken does not need to be cooked through as it will continue to cook in the oven.
- 3 Combine the softened butter with tarragon. Mix well.
- 4 Take two filo sheets, lightly brush with melted butter and place one on top of the other. Repeat separately with remaining pastry so you have two sets of pastry sheets.
- 5 Place one chicken piece across a corner of the prepared filo pastry.
- 6 Brush chicken with half of the tarragon butter mixture.
- 7 Fold the corner of the pastry over the chicken, bring in the sides and roll to end of filo pastry. Brush end with melted butter and seal.
- 8 Place chicken parcel on a lined baking tray, with the join side down, and repeat with second chicken portion.
- 9 Brush the top of the filo parcels with remaining melted butter and bake for 20 minutes or until golden brown.
- 10 Steam beans and carrots until cooked.
- 11 Toss through extra butter before serving.

tips & Techniques

Filo pastry dries out easily so it is important not to handle this product until the last minute.

By brushing each filo pastry sheet with butter, you are ensuring it doesn't dry out. The butter will also give the pastry its lightness, crisp texture and golden brown colour when baked.

Filo pastry is lower in fat than any of the other pastry varieties. It is therefore the healthiest option if you want to use pastry as it can often be substituted for other pastry types when cooking.

