

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S MEDITERRANEAN CHICKEN PARCELS

 **Prep: 15 minutes**

 **Cook: 25 minutes**

 **Serves: 2**

INGREDIENTS:

- 125g cooked brown rice
- 1 chicken breast, diced
- 200g chopped tinned tomatoes
- 3 mushrooms, sliced
- 1 small white onion, diced
- ½ red pepper, sliced
- 5 Brussels sprouts, sliced
- 5 sundried tomatoes, sliced
- 1 clove garlic, crushed
- Handful fresh basil, torn
- 10 red grapes
- Pinch dried chilli flakes
- Freshly ground black pepper
- Pinch **LoSalt**
- 1 tablespoon tomato puree
- 2 tablespoons rose wine

METHOD:

1. Pre-heat the oven to 180°C.
2. In a large bowl, mix together all of the ingredients.
3. Line a baking dish with 2 large sheets of strong foil, big enough to make 2 parcels with room for the air to circulate.
4. Divide the mixture between the 2 parcels, close up, not too tightly.
5. Pop in the oven to bake for 25 mins, checking the chicken is cooked through before serving.