

No-Roll Chicken Wraps



Serves 4 **Prep 15 mins** **Cooking 40 - 50 mins** **Easy**



Ingredients

4 tbsp olive oil
200g pack chestnut mushrooms, sliced
handful parsley leaves, chopped
375g pack ready-rolled puff pastry
4 skinless chicken breasts (about 140g each)
1 egg beaten

1. Preheat the oven to 220C/ Fan 200/ Gas 7 with a baking tray inside. Heat 2 tbsp of the oil in a frying pan, add the mushrooms and fry over a high heat for 3 mins until golden and just cooked. Toss the parsley into the mushrooms, season and set aside to cool slightly.
2. Make the wraps. Unroll the pastry and cut it into quarters. Sit a chicken breast diagonally in the middle of each piece of pastry. Spoon the mushroom mixture over the chicken breasts and drizzle over the remaining oil. Bring two opposite corners of the pastry together over the chicken and mushrooms so they just overlap and pinch together. Brush the pastry with the egg. Carefully transfer the parcels to the hot baking tray and bake for 30 - 35 minutes until puffed up and golden. Leave to relax for a while and serve with a green veg or salad.
3. The chicken parcels can be frozen at the stage where they have been wrapped into the pastry.