

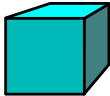

Chicken and mushroom


filo parcels

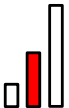




Ingredients




Serves 6






Chicken fillets, cut into cubes




6 ounces mushrooms, sliced





1 medium onion, finely chopped





6 sheets of filo pastry



1 ounce butter









Ingredients

1  1 tablespoon of  plain flour





1  1 chicken  stock cube





1  1 tablespoon  olive oil

 Salt,  pepper +  fresh  thyme to  taste











Method



 Fry the  chicken fillets,  half  the mushrooms +

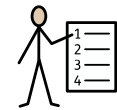
 half  the onion in  a little  oil

 until  lightly browned.

 Allow  to cool,  drain  well,  keep  any liquid.

 Lay out the  filo  sheets, then  brush  with  oil

+  fold in  half.



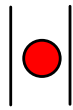
Method



Season the chicken mixture and



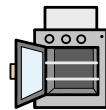
add a pinch of thyme.



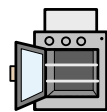
Divide the mixture between the sheets,



fold in edges and roll up.



Brush with oil and bake



for 15 minutes in a hot oven.



Enjoy!