

# Parcel Chicken



Parcel chicken

Chicken is one of my most favourite things to cook because there are sooooo many variations and this parcel chicken recipe certainly proves it!! In this recipe I used red rice but you could easily use cauliflower rice or quinoa for an equally delicious dish!

So how do you make this delicious parcel chicken dish I hear you cry! Well here we go:

## INGREDIENTS:

- Chicken breast
- 1/4 cup rice or quinoa or cauliflower rice
- fresh thyme
- vine tomatoes halved
- red onion
- Cheese of choice (I went with Saint Agur)

## METHOD:

So the method for making the parcel chicken is really straight forward! I love a recipe where I can just set something to cook and then leave it whilst I go off and do something else! So all you need to do is boil your rice or quinoa until it's cooked (Or make your cauliflower rice). Meanwhile pre-heat the oven to 180C and make an incision into your chicken breast to make a

pocket and stuff it with a smidgen of cheese.

Once your rice is cooked it's time to make your parcel chicken! So get some parchment paper and spoon your rice in to the middle of the paper, then cover with your diced red onion and halved tomatoes. Place your stuffed chicken on top and then cover with fresh thyme. Then wrap your mixture up in the parchment paper like you're wrapping a parcel and then pop it on a baking tray and put it in the oven. This should take around 30-35 minutes to cook through but definitely keep checking it just in case!

And then when your oven timer goes off you will have parcel chicken for dinner!

Love Roo xx

## Must reads

- » [Ketones](#)
- » [Spot Reduction – It's A Myth](#)
- » [Festival Style](#)
- » [Primark Festival Dress](#)
- » [How To Be Your Own Coach](#)

Share this: