

# 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

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## Hummus



Homemade Hummus Recipe

Hummus is amazing! It's the one thing I cannot avoid when there are snacks out at a party! And the great thing is that if you make your hummus at home it's super duper healthy ☐

Hummus seemed like a really daunting thing for me to make but it's actually surprisingly easy. It takes a few minutes to make and a few minutes to eat!

The only ingredients you'll need to make this is:

- 1 tin of chickpeas (drained)
- 1 red pepper chopped roughly
- 1 clove of chopped garlic
- 2 tbsp tahini paste or almond butter.

To make your hummus simply pop all of the ingredient into a blender and blitz until it's smooth. Spoon into a jar and refrigerate until you want to devour it! I like having mine with slightly heated pitta bread, sticks of pepper or carrot sticks ☐

Hope you enjoy!! Why not follow [my instagram account](#) for more delicious recipe inspiration! And share your own by tagging me @RooDeRennes.

Love Roo xx

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## Healthy Snacks



Healthy Snacks – Rosemary Roasted Pecans

So the January resolutions of getting fit and healthy are in full swing but there is one thing getting in your way; healthy snacks! So many people fall at this hurdle, they're at work and suddenly the munchies take hold of you and you're suddenly starving and it's hours until lunch time! Noooooooo! Then you check your purse and trundle off to the vending machine and buy the "healthy" flapjack! Be prepared people! Making your own healthy snacks so you can have a stash in your bag or in your desk drawer is a great way to make sure you don't fall off of the wagon! My latest healthy snack was inspired by Madeleine Shaw and is so quick and easy to make that you'll be kicking yourself for not having done it sooner!

Rosemary roasted pecans is the best of all the healthy snacks! Firstly in my opinion pecans always taste better when they're roasted and secondly nuts have all of the yummy good fats that you need in you want and not all of the bad sugary fats that you want to avoid.

So here's what you do. Preheat your oven to 160C. Take your pecans and scatter them on a baking tray. Drizzle some melted coconut oil over them or some rapeseed oil. Then take some fresh rosemary and fling across the nuts! Shake the tray so everything gets all mixed together. Then bake in the oven for 25 – 30 minutes. Once the nuts have cooled a little, take some kitchen paper and put it on the work surface, then sprinkle the nuts on top then get some more kitchen paper and put it on top and then dab the nuts just to get off any excess oil, pop the nuts in a little baggy or tupperware container, and now you have the ultimate, most delicious of all healthy

snacks at your fingertips whilst you are on the go!

Love Roo xx

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## Chimichurri

This amazing chimichurri steak recipe is delicious! By making this chimichurri you can liven up the taste of steak and make it really flavoursome. If you've never tried chimichurri steak you are missing out. The one thing I love about living my paleo-ish life is that I can still eat what most people consider to be "naughty food" and it's actual 100% healthy, it's tasty and is a billion times nicer than eating anything out of a packet.

January is a really easy time to eat healthy because everyone wants to make a good head start! But going forwards into the year and maintaining it is when it starts to get a little bit more difficult. But with recipes like this and with food as delicious as this it is so easy to stick to eating and fuelling your body with the right food! By following this clean way of eating you are setting yourself up for instant success with a body that is ready to go, you don't feel sluggish, you will lose a few lbs or more if you decide to exercise alongside it. Everything you want to achieve starts with this simple first step and will help build a solid foundation for moving forwards into a happy and healthy 2016.



chimichurri steak

To make the chimichurri steak mix just mix together:

- 2tbsp red wine vinegar
- 2 spring onions
- 1tsp oregano
- Handful of fresh coriander
- Handful of fresh parsley
- Chopped chilli to taste
- Chopped garlic to taste
- 2tbsp olive oil

Drizzle over cooked steaks and enjoy.

Check out this chimichurri steak recipe as well as my other recipes on my [Instagram](#).

And remember you can mix it up a little bit you don't just have to put it on your steak why not drizzle it over a salad or on a baked sweet potato.

Love Roo xx

## Must reads

- » [Coconut Matcha Truffles](#)
- » [Chimichurri](#)
- » [Breo Axis Watch Review](#)
- » [Total Body Circuit](#)
- » [Superdry Multi Folk Stitch Mini Skirt](#)

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## Poached Egg Hash



Some days I wake up and really crave something different for breakfast and that's where this poached egg hash recipe came from! I was craving breakfasty eggs and bacon but also really wanting sweet potato carb yumminess! Poached egg hash is a great meal to start the day with because it has your proteins, fats and carbs all rolled in to one dish. It's not a quick

dish as it takes about 20 minutes for the spuds to cook, but oh boy is it worth it!

So here's how to make your delicious treat breakfast of poached egg hash with bacon and coriander! Cube your spuds and fry with the bacon in coconut oil for 20 mins. Meanwhile poach your egg, scatter with coriander when your done and BOOM! you've got yourself a treat! Poached Egg Hash for every meal please!!!

Love Roo xx

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- » [Arm Tabata Workout](#)
- » [My Vitamins Complete Sleep](#)
- » [Poached Egg Hash](#)
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## Chinese stirfry



So the other day Roo Boy was craving Chinese food so I made him this delicious and healthy Chinese stirfry to keep us both happy!

So how do you go about making this scrumptious chinese stirfry I hear you ask, well let me tell you! Chinese stirfry is quick, easy, cheap to make and doesn't have to be greasy!

Chop 1 sirloin steak per person and cook in a wok until browned evenly

Meanwhile boil some water and add 1 nest of wholemeal noodles per person and cool for 4 minutes

Add 2tbsp of Worcestershire sauce, 2tbsp of Chinese wine and 3tbsp soy sauce to the beef and stir and simmer

Drain the noodles and add to the beef mixture  
Then add frozen peas and simmer until the peas are cooked.

Serve in bowls and sprinkle some fresh coriander over the top for extra flavour

Make this chinese stirfry recipe completely paleo by using courgetti instead of noodles ☐

Love Roo xx

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- » [My Vitamins Total Acai Berry](#)
- » [healthy breakfast alternative of egg and pepper](#)
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## Chilli



One of my favourite “stodge” recipes is a chilli, it makes me feel like I’m being naughty and eating something as treat but it’s actually super healthy and the chilli gives a nice fiery kick of heat to warm your cockles! This chilli recipe is quite simply a variation of my previous [chilli recipe](#) but with one amazing difference!! Whilst

you are cooking the chilli, bake a potato. For best results, pre-heat your oven to 200C, prick your potato all over drizzle with olive oil, himalayan salt and a twist of pepper, then pop in the microwave for 5 minutes, turn and cook for a further 5 minutes and then pop it in the oven to crisp up the skin for 20 minutes. (make it paleo by using a sweet potato)

Now, back to the chilli! Make sure you cook this exactly the same as my [chilli recipe](#) and let the sauce thicken. You can cook this quickly on the hob it doesn’t have to be done in the crockpot. Then once the potato has cooked, split in half and scoop out the flesh and pop in a bowl and mash it up so it’s really smooth. If you want to make it really creamy add a little bit of mashed avocado to it :). Then take your little potato boat and put it on a baking tray



lined with parchment paper, then scoop some chilli and put it inside the potato (careful not to overload it!) and then repeat this for the other half

of the potato. Finally using a fork or spoon put your mashed potato back on top of the chilli mixture inside your potato. sprinkle a smidge of cheese on it you like and then pop it back in the oven or under a grill to crisp up the potato mixture on top of the chilli, serve garnished with fresh coriander.

So what's so great about this chilli recipe? Firstly you're getting a really good mix of fats, proteins and carbs, and secondly by putting your chilli mixture into your potato it's really helping you to manage your portion control! Double whammy!

Try it out for yourself! I promise you there is no other chilli recipe quite like it!

Love Roo xx

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- » [Health & Fitness Apps](#)
- » [Healthy Snacks](#)
- » [Hummus](#)
- » [Hearty Chorizo, Kidney Bean & Veggie Soup](#)

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## Caribbean Chicken



I love a bit of spice and eating clean, this Caribbean chicken recipe is the perfect meal for adding some flavour and as few calories as possible to your plate. Caribbean chicken is not only flavoursome but it's so colourful too! I like to try and get as much colour into my dish as possible.

## Caribbean Chicken Ingredients:



- 2 Chicken Breasts
- 2 sweet potatoes cubed
- 4 cloves garlic diced
- 1 tsp chilli powder
- 1 tbsp Dunns River Chicken Seasoning
- 1 tbsp coconut oil
- 1 spring onion thinly sliced
- 1 green chilli diced
- 1 red pepper diced
- 400ml chicken stock
- 1 tin chopped tomatoes
- 1 tin kidney beans (or substitute black beans if you prefer)
- 1 handful of fresh coriander finely chopped

## Caribbean Chicken Recipe Method:

1. Firstly chop all of your veggies and mix in a bowl and put to one side
2. Dice the chicken into bite size chunks
3. Put 1 tbsp of coconut oil in the pan to heat up and melt, then add your chicken
4. Cook the chicken for 5 – 10 minutes
5. Add 1 tbsp of your Caribbean Chicken seasoning mix
6. Add 1 tsp of chilli powder
7. Cook for a couple of minutes and stir to ensure the chicken is evenly coated
8. Pop all of your veggies into the pan and mix well
9. Add the chopped tomatoes and chicken stock
10. Bring to a boil and then reduce to simmer
11. Cook for 30 minutes stirring occasionally to ensure it doesn't stick to the pan, add more water if necessary
12. Drain and stir in the kidney beans and cook for a further 5 – 8 minutes
13. Scatter chopped coriander over the top of your Caribbean chicken and then devour!

Who knew that a healthy, paleo, clean eating Caribbean Chicken dish could be so easy to make?! If you want something on the side try making some cauliflower rice to have with it.



Love Roo xx

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## Chickpea Snacks



Chickpea snacks are the best little bitesize of deliciousness you can make at home. They are cheap, easy to make and are great to bag up to take on the go. I like to make these for road trips, or to keep in my drawer at work. The great thing about these chickpea snacks is that you can make any flavour you want and the process is exactly the same.

To make your own chickpea snacks all you need to do is pre-heat your oven to 190C. Then drain your tin of chickpeas and put them into a bowl, It's best to try and pat them dry with some kitchen towel to try and get the damp out. Finally drizzle with olive oil or melted coconut oil, then add in your

flavour of choice, either sprinkle in some garam masala powder, or chili or paprika powder. Then pop on a baking tray covered in parchment paper. and bake in the oven for 30 – 40 minutes.

Chickpeas are super healthy and are really low in calories and will help fill you up, so it makes the perfect snack between meals to help tide you over.

Enjoy your delicious, healthy baked chickpea snacks!

Love Roo xx

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- » [Parcel Chicken](#)
- » [Are Eating Habits Contagious?](#)
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- » [Chickpea Snacks](#)

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## Halloumi Cheese Recipe



Halloumi cheese with honey, pistachios rosemary and thyme

This halloumi cheese recipe is the best! It is perfect as a small meal on it's own when you're not really hungry on a hot summers day, and also makes a great side dish for steak or salad. I do love a versatile recipe!

This little beauty couldn't be any easier! All you need is to grill your halloumi until it's browned on both sides, then chop up some pistachios and scatter them over the top, drizzle some honey over everything. And then finally chop up a little bit of fresh rosemary and thyme and sprinkle that over the lot. And hey presto you've got yourself one flavoursome treat!

Enjoy!

Love Roo xx

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- » [Chinese stirfry](#)
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