



# CHICKEN PAPILLOTES

## INGREDIENTS

- 4 chicken breasts
- Olive oil for searing the chicken
- 1 diced shallot
- 3 tbsp crème fraiche or thick cream
- 4 tbsp Dijon mustard
- 4 sprigs of thyme (use only the leaves)
- A drizzle of olive oil
- Salt and pepper to season
- 2 tbsp chopped parsley
- 4 lemon slices (optional)
- Chilli or basil (optional)

## NOTES

- Cook the papillotes for 20 minutes in a fan forced oven at 180C/356F.
- This dish pairs well with our recipe for broccoli and cauliflower gratin, sauteed green beans, tagliatelle or potato mash.

# CHICKEN PAPILOTES

## PROCEDURE

1. Fry each side of the chicken breasts for 2 – 2 ½ minutes in one tablespoon of olive oil on medium-high heat or until lightly colored. Transfer the chicken to a plate and leave to cool.
2. Reduce the heat and sauté the shallots for 1 – 2 minutes.
3. Whisk the crème fraîche, the mustard and the salt and pepper in a bowl until well integrated.
4. Preheat your oven to 180C (356F) (fanforced).
5. When the chicken has cooled, lay each piece on a square of baking (parchment) paper and use a brush to coat each side with the mustard mix.
6. Top each breast with the herbs and a slice of lemon, some peppercorns, a drizzle of olive oil, and parsley. You can also add chilli or basil.
7. Fold the paper lengthwise two or three times to enclose the chicken, and twist each end to seal in the ingredients.
8. Bake in the oven for 20 minutes.
9. Unwrap the parcel or cut it with scissors and serve with a vegetable side.