



Sweet Chilli Chicken Puffs



Jazz up chicken breasts with a little sweet chilli and pepper, then wrap them in puff pastry. Quick but delicious.



Easy-peasy



20 minutes prep time



2 servings



40 minutes bake time



Ingredients

- 1 x 320g Jus-Rol™ Ready Rolled Puff Pastry
- ½ red onion red onion diced
- 1 red peppers diced
- 1 tbsp chilli oil or olive oil
- Chicken breast fillets approx. 160g each in weight
- 1 beaten egg to glaze

Equipment required

Frying pan
Baking Sheet
Baking paper
Bowl
Pastry Brush

Method

Preheat oven to 200°C (180°C fan assisted), Gas Mark 6.

- 1 In a medium sized pan gently heat the oil and sauté the onion and peppers until just tender, stir in the sweet chilli sauce and allow to cool.
- 2 Unroll the pastry sheet and cut in two equal halves across its length.
- 3 With a short side of one of the pastry pieces nearest you, place a quarter of the pepper mixture on the lower half, spreading in an even layer but leaving a border all round of 2 cm.
- 4 Place one chicken breast fillet on top and then top that with a further quarter of the pepper mixture.
- 5 Brush the pastry border with beaten egg, fold over the uncovered part of the pastry to cover the filling and press the edges together firmly to seal.
- 6 Trim the 3 cut edges with a sharp knife and knock up edges to seal. Make a couple of slits in the top of the parcel and brush with beaten egg to glaze. Repeat with remaining pastry, chicken and pepper mixture.
- 7 Place on a lined baking tray and bake for 20-25 minutes until pastry is risen and beautifully golden brown. Serve hot.