



# APRICOT CHICKEN FILO PARCELS

WITH ZUCCHINI AND ROCKET SALAD

**DIFFICULTY:** Easy | **SERVES:** 4 | **READY IN:** 40 minutes

Apricot, chicken and cream cheese is a classic combination, that works a treat in these chicken filo parcels. The extra apricots add a refreshing twist to an otherwise simple side salad.



## FILO PARCELS

- 500g chicken tenderloins (1lb 2oz)
- 2 cloves garlic
- 410g can apricots in syrup (14.5oz)
- 200g cream cheese (7oz)
- 1/2 cup grated parmesan (45g)
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 3/4 tsp salt
- 1/4 tsp black pepper
- 12 sheets filo pastry (about 280g / 9.9oz)
- 3 Tbsp olive oil
- 8 tsp apricot sauce or chutney
- 1 Tbsp sesame seeds

## SALAD

- 80g Mediterranean or baby rocket (2.8oz)
- 1 large zucchini
- 2 Tbsp olive oil
- 1 1/2 Tbsp balsamic vinegar
- 2 tsp brown sugar

1. Preheat oven to 180°C (360°F) fan bake and line a large oven tray with baking paper.
2. **MAKE FILO PARCELS**  
Dice chicken into approximately 2cm / 0.8in pieces and season with salt and pepper. Crush garlic. Drain apricots (discard syrup or save for another use). Roughly dice two thirds of the apricots, then halve the remaining third and set aside to use in the salad.
3. Stir cream cheese, parmesan, thyme, rosemary, salt and pepper together in a large bowl. Add chicken, garlic and diced apricots, and mix well.
4. Brush one sheet of filo with oil, place a second sheet on top and brush with oil, then add a third sheet. Add a quarter of the chicken mixture in a line along one of the short edges. Drizzle apricot sauce or chutney over the top. Fold the sides in and roll up into a parcel. Place seam-side-down on prepared tray and repeat to form four parcels.
5. Brush all over with oil and sprinkle with sesame seeds. Bake for 20-25 minutes, until parcels are golden brown and cooked through.
6. **MAKE SALAD**  
Meanwhile, divide rocket between individual serving plates. Spiralise or peel zucchini into ribbons. Place zucchini and reserved halved apricots on rocket. Whisk oil, vinegar and sugar together. Season to taste with salt and pepper, and drizzle over salads.
7. **SERVE**  
Serve filo parcels with salad. Add an extra dollop of apricot sauce or chutney on the side, if you like.



**WINE MATCH:** A Chardonnay.

## **APRICOT CHICKEN FILO PARCELS RECIPE NOTES**

**GLUTEN-FREE OPTION:** Try gluten-free wraps or gluten-free pastry (one layer only) in place of the filo pastry. Make sure apricot sauce or chutney is gluten-free.

**INGREDIENT SWAPS / NOTES:** Boneless, skinless chicken thighs can be used instead of tenderloins. You can use lite cream cheese if you prefer. If you don't like the combination of sweet and savoury, you can omit the apricot sauce/chutney.

**STORING AND REHEATING:** Filo parcels can be reheated in the microwave, though the pastry will be crisper if reheated in the oven. Dress salad just before serving.