

5-INGREDIENT FOIL-PACK CHICKEN

Serves 4

INGREDIENTS

For the hacky creamed spinach:

2 cloves garlic, crushed
5 cups (200g) baby spinach, washed, roughly chopped
5 tbsp NESTLÉ KLIM Full Cream Instant Milk Powder
½ tsp salt and pepper each, to season

For the hasselback chicken:

4 chicken breasts, deboned
¼ tsp each salt and pepper

Serving suggestion:

Vegetables of choice
Fresh coriander sprigs

METHOD

1. Preheat the oven to 190°C.

For the hacky creamed spinach:

2. In an oiled pan over medium heat, add the garlic and sauté it slightly. Add the baby spinach and stir until wilted.
3. In a small bowl, mix together 4 tablespoons of water with the NESTLÉ KLIM Full Cream Instant Milk Powder to form a paste. Whisk together until creamy.
4. Pour the KLIM mixture into the spinach, stirring to combine. Allow the mixture to come to a simmer and turn off the heat when it is slightly reduced and thickened. Season to taste with salt and pepper.

For the hasselback chicken:

5. Create a "hasselback" by cutting incisions along the width of the chicken breasts, being careful not to go all the way through.
6. Season both sides of the chicken with a pinch of salt and pepper and carefully divide the creamed spinach mixture into the incisions on the chicken, pressing the filling in slightly.
7. Place each chicken breast on a foil sheet (20x30cm) and fold the foil around the chicken to enclose and seal. Pack each foil parcel onto a baking tray and bake for 30-35 minutes, or until cooked through. **Chef's Tip: Add some vegetables to the foil-pack to cook alongside the chicken for an all-in-one meal!*
8. Place a foil-pack on a dinner plate and open to reveal the cooked chicken and vegetables. Garnish with fresh coriander sprigs, serve and ENJOY!