

Chicken, Soy and Honey Parcels with Rice

(Serves 2)

Ingredients

- 2 thinly sliced shallots
- 2 chicken breasts
- 2 tbsp dark soy sauce
- 2 tsp runny honey
- 2 tbsp Chinese Rice Wine or Dry Sherry
- 2.5cm of Ginger
- 1 finely chopped garlic clove
- 6 cracked cardamom pods
- 4-6 spring Onions, trimmed and shred
- 100g chopped water chestnuts
- 100g cooked Basmati Rice

Method

01. Preheat the oven to 160C/ Gas 4, cut out 2 x 30cm foil squares.
02. Divide the shallots, chicken breasts between each foil square. Bring the foil sides up slightly around each 1 and seal at the short ends.
03. Divide the Soy sauce, honey, rice wine/ sherry, ginger, garlic and cardamom pods between the parcels and seal.
04. Put on a baking sheet and bake for 20mins until cooked through.
05. Stir the sliced onions and water chestnuts into the rice and divide between plates. Thickly slice the chicken and place on the rice, spooning over the juices.
06. Garnish with some shredded spring onion.