



# Foodie School

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Chanel



## Chicken Wellington

### Ingredients

- 500g chicken breast
- 1 small carrot
- 50g spinach leaves
- 100g mushrooms
- 1 egg for glazing
- 50g cream cheese
- 8 slices of prosciutto
- 8 sheets of filo pastry
- 4 sheets butter puff pastry
- 50g chickpeas (tinned)
- 50g broccoli stalk

# Chicken Wellington

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## Method

1. Gather together all the ingredients and set the oven to 180°C.
2. Grate the broccoli stalk and the carrot - you can use any vegetables here but these are my favourites. Slice the mushrooms with a knife being careful to keep your fingers out of the way.
3. Put the carrot, broccoli, chickpeas, cream cheese, spinach and mushrooms in a jug and use a stick blender to make a smooth paste.
4. Cut the chicken into 8 pieces and place one in a ziplock bag. Using a rolling pin gently whack the chicken into a flat sheet about 1 of your fingers thick. Do the same for each of the other 7 pieces.
5. Lay a slice of prosciutto on the bench and place a piece of chicken on top. Spread a generous layer, about 2 tablespoons, of the green paste over the top of the chicken and roll it all up. You will now have a chicken sausage with green in the middle and prosciutto on the outside.
6. Wrap each bundle in one sheet of filo pastry. You won't need to stick it together because we are going to wrap it again.
7. Place a square of puff pastry on the bench and carefully roll the filo bundle in it. Pinch the ends closed so the pastry parcel is sealed. Place each one on a wire rack on an oven tray.
8. Crack the egg into a bowl and beat it well then use a pastry brush to brush the egg wash all over the pastries. Pop them in the fridge for 10 minutes and then egg wash again. This will give a lovely golden shine.
9. Use the blunt end of a teaspoon to mark lines or even write your name in the egg. Place the wellingtons in the oven for 35 minutes.
10. When the timer goes off take them out and let them rest for 6 minutes on the bench before eating them.

**This recipe makes 8 Chicken Wellingtons.**