

Garlic Chicken Puffs

Recipe by: FLIPISME



(13)

Saved as a favourite by 356 cook(s)

Easy

 Ready in **50 minutes**

Picture by: Food Fan

I love cutting into this puff pastry parcel to find a well seasoned full chicken breast, adjust the garlic to your preference if desired.

Ingredients

Serves: **2**

2 (180g) chicken breast fillets

2 sheets frozen puff pastry

For the garlic butter:

60g butter

1 clove garlic, crushed

2 teaspoons finely chopped fresh parsley

For the creamy garlic sauce:

10g butter

1 clove garlic, crushed

2 tablespoons plain flour

300ml milk

1 teaspoons finely chopped fresh parsley

Preparation method

Prep: **10 minutes** | Cook: **40 minutes**

1. Preheat oven to 200 degrees C.
2. For the garlic butter: Mix together ingredients in a small bowl until smooth.
3. Cut a slit along the side of each chicken breast to make a pocket. Spoon garlic butter into pockets. Wrap each chicken breast in puff pastry. Cook on an oiled tray in the oven for 40 minutes or until the pastry is puffed and golden.
4. Meanwhile, prepare the creamy garlic sauce: Melt the butter in a small saucepan over medium heat; add the garlic, cook for 1 minute. Stir in the flour and cook for 1 minute or until mixture bubbles. Gradually whisk in the milk; stir over medium heat until sauce bubbles and thickens. Stir in the parsley.
5. Serve the chicken parcels with the creamy garlic sauce.

Provided by: Allrecipes

Last updated: 17 Sep 2014

ALL RIGHTS RESERVED © 2014 Allrecipes.com, Inc.