

Creamy Chicken & Leeks/Mushroom Parcels

- 1 tsp Oil and 1 tbsp butter
- ¼ leek, white stem finely sliced **OR** 4 mushrooms finely chopped
- 1 shallot/onion, finely chopped
- 1 ½ tps minced garlic
- 150g chicken, chopped small
- 1 tbsp plain flour *
- ½ tsp Paprika *
- ¼ tsp salt and pepper *
- ½ cup chicken stock
- 1 tbsp cornflour *
- 20g grated cheese or cream



- Puff pastry sheet
- 1 egg, lightly beaten

Method

- In a large frying pan **add oil & butter & melt** over medium heat. **Add shallots, leek/mushrooms** cook for few minutes until leek softens
- Add garlic** & cook few minutes
- *Check Alternative options*
- Roughly dice chicken** (into pieces approx. 1cm) and add to pan. Cook over high heat until chicken is browned.
- Mix cornflour & stock together** and **add to chicken** mixture. **Add cheese/cream**. Reduce heat to medium & stir for a few minutes or until sauce thickens.
- Set aside to cool**. To speed up the process spread out onto a tray/plate.
- Preheat oven to 200°C.**
- Cut pastry sheet into **4 rectangles**. Spoon cooled mixture onto one half of each piece. Fold the pastry over pinch edges to seal, use fork. Cut a slit in the top of each one.
- Place pastry squares onto lined oven trays, brush top with beaten egg. Bake in preheated oven for 15 mins or until golden.

ALTERNATE:

- ~ Mix flour, cornflour, paprika, salt and pepper
- ~ Coat diced chicken in seasoned flour mixture
- ~ After cooking onions and garlic, add chicken and fry till nearly cooked
- ~ Add stock and cheese, enough to make thick sauce, stir 5mins
- ~ Remove and cool
- ~ Make parcels



WE ARE HERE
FOR YOU



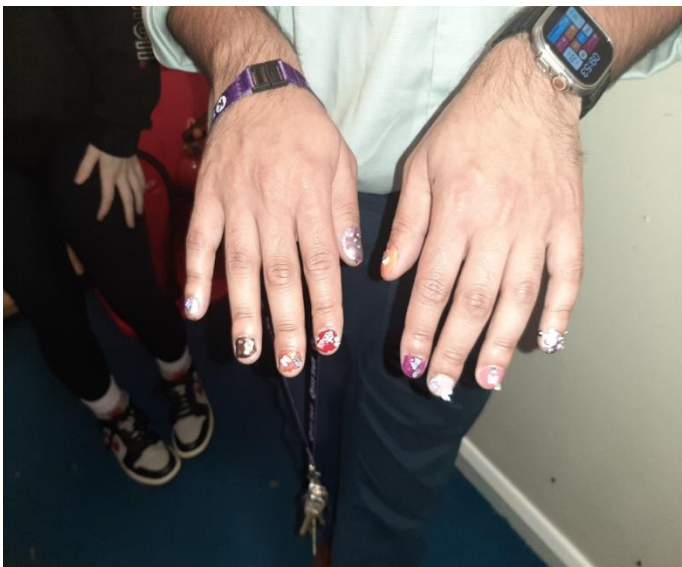
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random

act of kindness

Try at least one of these this week.

- Say something nice to a friend.
- Listen to a friend with kindness.
- Tidy your stuff away at the end of class.
- Look in the mirror and say 3 positive things about yourself.



Students are encouraged to focus on their wellbeing on a Friday – some cooked, others completed art, and some even did manicures.

Mr. Hall's Health & Fitness



MAINTAIN A
HEALTHY LIFE STYLE



CONTACT WITH
FRIEND



RELAX WITH
FAVORITE MUSIC

TIPS FOR ANXIETY



DON'T USE SMOKING
AND ALCOHOL



FOCUS ON
POSITIVE ACTIVITIES



CREATE A
TO-DO LIST

WE ARE HERE
FOR YOU





More beautiful art by our talented students. We use photos of their art for our Well done Cards. Look out for these in the post – they are given out in recognition of excellent achievement in lessons.