

Balmoral Chicken

Ingredients

- 2 Chicken Breasts
- 2 Slices Haggis
- 12 Rashers Streaky Bacon
- Powdered Chicken Casserole Sauce

Options

- If you are going to eat this fresh, it's much nicer with a Creamy Pepper Sauce. This recipe uses a casserole sauce (or chicken gravy) as that is better for freezing

Equipment

- Baking Tray
- Frying Pan
- Sharp knife
- Tin foil and Cling Film
- Basic utensils – nothing special!

Preparation

- Get everything ready before you touch the chicken
 - Get the oven on to heat
 - Get the tinfoil ready for each breast
 - Cover the chopping board with cling film
 - Get the oil in the frying pan



Method

Get the oven on to pre-Heat to 180°.

Break up the haggis slices into a bowl.

Get two squares of tin foil that will be large enough to wrap each chicken breast.

Lay 6 strips of streaky bacon on each of the foil squares.

Cover your chopping board with cling film – it's much easier when you come to clean the board!

Put the chicken on the cling film and insert the knife in the side, near the thick end of the breast. Work it around inside to create a pocket. Don't cut through the chicken – especially on the bottom!

Use the haggis to stuff each breast.

Turn over the breast and lay it bottom up on top of the streaky bacon.

Lift the streaky bacon up and around the base of the chicken.

This way, the join will end up underneath the chicken for cooking.

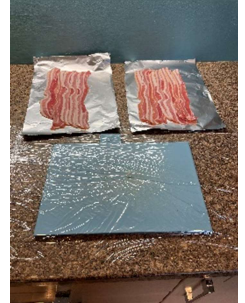
Turn the frying pan to a moderate to high heat with a splash of Sunflower oil.

Once the oil is ready, place the chicken in the frying pan to sear the bottom. This should take no more than 5 or 6 minutes.

Transfer the chicken back to the tin foil and wrap the foil around.

Pop the baking sheet in the oven for 40 minutes. Test the chicken with a skewer – the juices should run clear.

Follow the instructions on the sauce packet to make the chicken (casserole) gravy.



Portions

Number of portions	2
Final Portion Size	250g
Storage Container	Large Foil

Storage

This can be served fresh but also ideal for freezing in a foil tray for individual meals.

Add the Chicken to the bottom of the foil tray and add a ladle of gravy over the chicken.

Allow to cool before freezing

Heating & Serving

Heating instructions from thawed are a guide only.



30 min

Adjust times if heating from frozen.

Pre-heat the oven to 180°, gas mark 5.

Remove the lid and place the foil container on a baking tray.

Be sure the meal is piping hot throughout before serving.

To serve on a pre-heated plate, lift the chicken out of the foil tray and transfer to the plate. Pour the gravy over the chicken.

Add your sides from the Marion's Meals selection of potatoes and vegetables.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

This recipe only requires one specific technique that is worth a mention.

- Slicing chicken breast for stuffing.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.

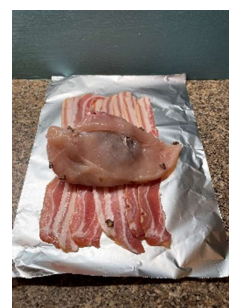
Put all utensils right into the dishwasher or a basin of hot water.

Wash your hands.

Consider using powder-free latex gloves when handling chicken.



Get the bacon ready to wrap the chicken



Place the stuffed chicken face down on the bacon



Wrap the bacon so the seam is on the underside



Flash-fry the bottom to seal the bacon. Optionally, turn over and brown the top.