

Chicken en Papillote

Serves 2

Be bold when it comes to experimenting with different seasonings and ingredients. If using vegetables that require longer cooking times (i.e. carrots), you may want to sauté them briefly before adding them to the parchment paper envelope.

2 (5-6 ounce) boneless, skinless chicken breasts
1/2 red bell pepper, thinly sliced
6 shiitake mushrooms, stems removed, thinly sliced
3 green onions, chopped
1/4 cup loosely packed cilantro leaves
2 teaspoons soy sauce, divided
Freshly ground black pepper, to taste

Preheat the oven to 375 degrees and place a rack in the top third of the oven.

Cut out two large rectangles of parchment paper (about 15" x 20" each) and fold each one in half. Starting from the fold, trace the outline of half a heart on each one (like you made a Valentine in school) and then cut out the heart. Repeat with the remaining rectangle.

Working with one heart at a time, place a chicken breast in the center of one half of the parchment paper heart (see picture).

Top the chicken breast with half of all the ingredients. Fold the parchment paper heart in half and starting at the top begin folding the edges down to seal the heart. Make sure each fold overlaps the next by folding the next piece of the edge over the previous one and creasing it firmly. Continue moving along the outside of the heart until you have formed a package. Place the package on a baking sheet and repeat with the remaining chicken breast.

Bake the parchment paper packages (on a baking sheet) in the top third of the oven for about 20 minutes. Remove the packets from the oven and serve immediately. You can serve the chicken in the parchment paper envelope and have your guests cut it open at the table; or, cut open the envelope in the kitchen and slide the chicken and its toppings onto a plate to serve. Enjoy!