

THE DIETITIANS NETWORK OF NOVA SCOTIA

Asian Chicken and Vegetable Packets with Roasted Potatoes

Consuming large amounts of grilled (especially charred) animal products may increase cancer risk. By avoiding direct contact with the grill, charring of the chicken is minimized in this recipe.

Recipe Name:	Asian Chicken and Vegetable Packets with Roasted Potatoes
Recipe by:	Adapted from rachaelraymag.com by Antonia Harvey P.Dt
Short description of recipe:	Take a break from traditional grill fair with these chicken and vegetable packets. Served with the roasted potatoes, this recipe is a complete meal that requires minimal preparation and clean-up time.
Serves	2
Ingredients:	<p>1 large carrot, peeled ¼ small yellow onion, thinly sliced into strips 1 red or yellow bell pepper, thinly sliced 2 boneless, skinless chicken breasts</p> <p>1 tbsp low sodium soy sauce ½ tbsp packed brown sugar ½ tbsp rice vinegar ½ tbsp sesame oil ½ tsp siracha, optional</p> <p>1 large potato, thinly sliced into disks (peel if preferred) 1 tsp mild oil (vegetable or olive) black pepper and salt to taste</p> <p>3 large pieces of aluminum foil</p>
Instructions:	<ol style="list-style-type: none">1. Preheat your grill to medium-high heat or oven to 400F.2. Using a sharp vegetable peeler, shave the carrot into thin strips.3. Place each chicken breast in the centre of a separate piece of aluminum foil; top each with ½ of the carrots, onions, and bell pepper. Turn the sides of the aluminum foil up around the chicken and vegetables.4. Combine the soy sauce, brown sugar, vinegar, sesame oil, and siracha (if using) in a small bowl. Drizzle ½ over each of the chicken and vegetable packets.5. Bring the foil together above the chicken and vegetables, sealing the packet, leaving about an inch of air at the top of the packet.6. Place the potato slices in the middle of the remaining aluminum foil. Drizzle with oil and season with pepper and salt, adding other spices as desired. Seal the potato

THE DIETITIANS NETWORK OF NOVA SCOTIA

	<p>packet in the same manner as the chicken and vegetable packets.</p> <ol style="list-style-type: none">7. Place packets on heated grill and cook for 20-25 minutes or until the chicken is no longer pink and the potatoes are tender. If using an oven, place packets on a baking tray and cook for 30 minutes or until chicken is no longer pink and the potatoes are tender.8. Transfer contents of chicken and vegetable packets to plates and divide potatoes. Serve with a side salad.
--	---