

# Cheese, Chicken and Sweetcorn Parcels

CHEESE MAKES A  
**Difference**

to a  
healthy  
lunchbox



BRITISH  
CHEESE  
BOARD



Makes 6 parcels | Prep time: 30 min | Cooking time: 15–20 min



# Cheese, Chicken and Sweetcorn Parcels

PARCELS FILLED WITH SWEETCORN, CHICKEN AND LANCASHIRE CHEESE – AN EXPLOSION OF TASTE AND NUTRIENTS FOR BUSY SCHOOLDAYS.

## INGREDIENTS

200g plain flour

100g buttery spread

2 tbsp of water

70g Lancashire cheese, grated

70g tinned sweetcorn

100g cooked chicken

2–3 tbsp ketchup

Juice of 1 lime

1 egg, beaten

## METHOD

1. Place the flour and butter into a bowl and, using your fingertips, rub the butter and flour together to create a crumbly texture.
2. Add the water and stir together to make a pastry dough.
3. Place the pastry into the fridge and leave to rest for 10–20 minutes.
4. Tear or chop the cooked chicken into small pieces and place in a bowl. Add the ketchup, sweetcorn, lime juice and cheese and stir together.
5. When the pastry has rested, divide into 6 portions and roll out into circles with diameters of approximately 10cm. Divide the filling between the pastry portions and spoon into the middle.
6. Brush the edges with the beaten egg and fold over to seal. Use a fork or a pasta wheel to crimp the edges shut.
7. Place on a non-stick baking tray and brush with the remaining beaten egg, then bake in a pre-heated oven at 180°C for 15–20 minutes until golden and crisp.

## NUTRITIONAL ANALYSIS PER PARCEL (APPROXIMATE)

327kcal | 13.1g protein | 31g carbohydrate of which 3.8g sugars | 17.5g fat of which 7g saturates | 1.7g dietary fibre | 369mg sodium equivalent to 0.9g salt | 123mg calcium | 172mg phosphorus | 0.4µg vitamin B<sub>12</sub>