Chicken Foil Packet Recipes

Prep 20 min | Cook 35 min | Total 60 min | Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 12 oz (340 g) baby potatoes, cut in 1/2-inch pieces
- 1 zucchini (200 g), sliced
- 1 red bell pepper (150 g), sliced
- 1 tsp Italian herbs
- 2 tbsp (30 ml) water

COOKING NOTES

Use fully thawed chicken. Partially soften the potatoes before assembling the packets so they become tender within the chicken cooking time.

SERVING SUGGESTION

Serve four portions of chicken foil packets. Add a green salad or steamed vegetables; serve grain-based dishes as complete bowls.

DONENESS CHECK

Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.

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METHOD

1. Heat oven to 400°F (205°C). Microwave potatoes with water, covered with a vent, 4-5 minutes to partially soften; drain.

2. Cut chicken into 1-inch cubes and season with herbs, salt and pepper.

3. Divide chicken and vegetables among four large foil sheets; drizzle oil over each portion.

4. Fold into sealed packets and put on a rimmed tray.

5. Bake 25-35 minutes. Open carefully away from the face and check chicken reaches 165°F (74°C); potatoes must be tender.

TIPS

- Par-cook potatoes so chicken does not overcook.
- Prepare all measured ingredients before heating the pan.
- Use a thermometer to avoid guessing doneness.

STORAGE, FREEZING & REHEATING

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.

Freeze: Freeze cooked chicken separately from fresh garnishes in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw overnight in the refrigerator. The cooked vegetables or quinoa may soften after thawing.

Reheat: Reheat covered foil packets on a tray in a 350°F (175°C) oven until the thickest chicken piece reaches 165°F (74°C). Open carefully away from the face.