

Chicken Puff Pastries



Ingredients

- 2lbs of chicken breast, cut into cubes
- 1 red bell pepper
- 1 large onion
- 3 cloves of garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 cup of your favorite bbq sauce (ex. smoked hickory)
- 1/2 teaspoon salt
- 1 teaspoon pepper
- Puff pastry squares
- Your favorite cheese

Instructions

- 1 Add the chicken, garlic, onions and peppers into a medium heat sauté pan with a tablespoon of olive oil and stir fry until the chicken turns a light golden brown.
- 2 Add the three sauces above with salt and pepper. Stir fry another minute.
- 3 Add quarter cup of water and another tablespoon of olive oil.
- 4 Reduce heat to medium low, cover, and simmer until the chicken turns fork tender. This could take 20-30 mins.
- 5 Check occasionally and add a splash more of water (if needed) to prevent the mix from sticking to the pan.
- 6 Once the chicken is soft, take it off the heat and shred.
- 7 Once the mix is cool, add 1-2 tablespoons of the mix into your puff pastry square. Add a small amount of your favorite cheese. Fold into a triangle and pinch edges.
- 8 Your pastries are ready!
- 9 Brush with egg wash (optional).
- 10 To cook pastries, bake on a parchment paper or foil lined baking dish at 400 for about 15-20 mins until the pastries are cooked through. You'll know they are done when they have risen, and the color has changed.
- 11 Serve with your favorite sauce or chutney. I usually have them with my homemade tomato chutney.
- 12 Freeze remaining pastries.