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Ingredients: Filo Parcels (Serves 4)

-  1 packet filo pastry
-  150 gram melted butter or olive oil
-  2 medium size chicken breast
-  1 packet Camembert (cut into long thin slices)
-  150 gram pitted prunes
-  Salt pepper

Ingredients: Cous Cous (Serves 4)

-  250 gram pumpkin (cut into 1cm dice)
-  Olive oil
-  300 gram cous cous
-  400ml vegetable stock
-  1 medium onion (diced)
-  2 bulbs garlic chopped
-  2 teaspoons ground cumin
-  2 teaspoons ground coriander
-  Half a red capsicum (diced)
-  150 grams raisins
-  4 spring onion (in slithers)
-  Rind and juice of one lemon
-  Fresh coriander to garnish

Method: Filo Parcels

To make the chicken filo parcels it is important to note that filo pastry goes dry and becomes brittle very quickly, so when working with this pastry it is a good idea to place a damp tea-towel over the remaining pastry that you are not working with.

First, cut the chicken breasts into 10 cm long, 1 centimetre thick slithers. Melt the butter or get your olive oil ready in a small bowl. Cut the filo pastry sheets in half. Now place one sheet in front of your self and with a pastry brush, brush the pastry covering the whole sheet with a little butter. Place another sheet on top and again brush with butter and finally add a third sheet again lightly brushing it with butter. Now place a piece of chicken to one side of the pastry in the centre allowing space to overlap the edges once you have added a slice of sliced cheese and 3-4 prunes on top.

Now it is time to roll up the parcels, you do so by overlapping the edges of the pastry from the top and bottom onto the filling ingredients and then overlap the side edge of the pastry over the filling ingredients and roll the parcels firmly into a cigar shaped parcel. Note it is a good idea to 'glue' the last piece of pastry with a little butter so the final edge sticks to the parcel.

Place the chicken parcel on an oven tray and brush with a little butter so the parcel does not go dry. Continue till all the chicken slithers are used up.

Cook the parcels in the oven at 170C. They will take around 15-25 minutes to cook. They will have a nice brown colour and will be crisp once cooked. An indication that they are ready is that the cheese will melt from the parcels, if in doubt cut one in half and check that the chicken is cooked.

Method: Cous Cous

Bake the diced pumpkin, which you have brushed with olive oil in a hot oven (180C) til tender. This will take around 15 minutes. Stir once during the cooking time.

To cook the cous cous, heat the vegetable stock til it boils and then pour over the cous cous which you have placed in a bowl. Add a dash of olive oil and stir til well combined. Cover the bowl with cling wrap for three minutes so the cous cous can cook. Then, carefully remove the cling wrap as the steam from the bowl will be very hot and can burn (use a fork to loosen the edge so the steam can run out before using your hands to remove the cling wrap). Stir the now cooked cous cous, season and it is now ready to mix with our other ingredients.

Heat a pan on the stove top and sauté the onion and garlic, add the cumin and coriander and sauté for a minute. Now add the diced red

Pepper and sauté for a further minute. Finally, add the raisins, spring onion and the lemon rind and juice. You now have a great flavoursome fruit and vegetable mixture. You now need to add the freshly cooked cous cous to the pan. Stir the mix for only a minute or two as you do not want the cous cous to go soft and lose its crispiness.

To Serve

Crispy Chicken parcels are placed to the side of the plate, the cous cous mix goes beside the parcels and then garnish with fresh coriander. Serve with a small bowl of yogurt on the side.