

Cream of chicken with Parmesan



Serves	Prep Time	Cooking	Total Time	Calories
2 people				479 kcal

Stuff that's in it:

- 1 Tsp Oil
- 300G Whole Chicken Breast (With Or Without Skin, Remember To Add Calories If Eating Skin)
 - 100G Mushrooms (Sliced)
 - 40G Red Onion (Diced)
 - 30Ml Almond Milk
- 100G Broccoli (Chopped Into Small Florets)
 - 30G Parmesan (Grated)
 - 40G Spinach (Sliced)
 - 150Ml Single Cream
 - 1 Tsp Dijon Mustard
- 1 Tbsp Apple Cider Vinegar
 - 3 Cloves Garlic

What you do:

Pre heat your oven to 180°C

Heat a large pan and add a squirt of oil. Add the mushrooms and onions and gently sauté for a few minutes, then add the garlic and sweat for another few minutes. Add the chicken breasts, if using skin, place skin

down first to brown. Turn the chicken over then Add the apple cider vinegar and mustard and pour in the cream, around the chicken. Add the broccoli and spinach and Parmesan and gently mix. Finish with the almond milk to loosen then add the breasts to a small heat proof dish and fill with the sauce and veg.

Bake for around 25 minutes until golden and bubbling (make sure your chicken is over 75°c).

Served here with butternut purée.

200g butternut, diced (bake or steam) add a little salt and fresh thyme and blend, then spoon.

Nutrition

- Carbs: 17g
- Fat: 23g
- Protein: 48g

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