

Creamy Mustard Chicken

Ingredients

- 1 skinless chicken breast sliced into strips
- Half onion, sliced
- 100g mushrooms sliced
- 10 black olives stoned
- 1 tsp wholegrain mustard
- 40ml double cream
- Rice

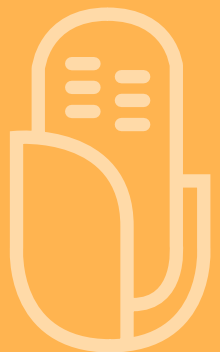
Method

- 1 Fry the onions in a little oil for five minutes.
- 2 Then add the mushrooms, and fry for another five minutes.
- 3 Add the chicken strips and fry until cooked through (should only take 3-4 minutes).
- 4 Add the olives, mustard and cream to warm through.
- 5 Serve with cooked rice.

This recipe will feed one person but if you are cooking for more simply increase the ingredients.

TOP TIPS

These recipes are designed so that if you don't have all the ingredients it won't matter leaving things out; eg. herbs and spices can be swapped or omitted; vegetables can be interchanged (fresh/tinned). Be flexible and add ingredients of your choice if you wish. You will need a bottle of cooking oil (any type is fine: vegetable, rapeseed, olive, etc) and salt and pepper.



Baked Mushrooms

Ingredients

- 2 large portobello mushrooms
- 4 cherry tomatoes
- 2 cloves of garlic
- 20g cheddar cheese, grated



Method

- 1 Remove mushroom stalks, and finely dice.
- 2 Quarter the tomatoes. Finely slice the garlic.
- 3 Place the two large mushrooms on an oiled baking tray. Top with the diced mushrooms stalks, tomato and garlic.
- 4 Season with salt and pepper. Drizzle with oil.
- 5 Bake in 180°C oven for 10 minutes.
- 6 Remove tray from oven.
- 7 Cover mushrooms with grated cheese.
- 8 Return to oven for five minutes until cheese is melted.

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