



Jenny's Chicken in Mushroom Sauce

Serves 4 350Kcal per serving

INGREDIENTS

4 CHICKEN BREASTS
1 X 400G TIN OF CONDENSED MUSHROOM SOUP
JUICE OF HALF A LEMON
1 BAY LEAF
HALF A LARGE ONION, CHOPPED
150G BABY MUSHROOMS, QUARTERED
LOW CALORIE SPRAY OIL
2 PACK OF UNCLE BEN'S MUSHROOM
MICROWAVABLE RICE

METHOD

POACH THE CHICKEN FILLETS IN WATER WITH THE LEMON JUICE AND BAY LEAF, UNTIL COOKED AND TENDER.

ON A PAN, SPRAY THE OIL, GENTLY HEAT AND THEN FRY OFF THE ONIONS AND MUSHROOMS UNTIL TENDER.

ADD THE TIN OF MUSHROOM SOUP TO THE PAN WITH THE ONIONS AND MUSHROOMS AND HEAT GENTLY. DRAIN THE CHICKEN BREAST AND ADD TO THE PAN WITH THE MUSHROOM SAUCE.

SERVE WITH HALF PACK OF RICE PER PERSON.